

EVER CURE PLAYER?

How the A-list eat, drink, party... and work it all off





WHO LOST THE WORLD'S BEST JOB

EXCLUSIVE!

Ellie Goulding THE SECRET SHE'S

KEPT... UNTIL NOW









Ellie Goulding is working with Special K and CHIME FOR CHANGE, because women everywhere need access to education, health and justice. Join us to #bringcolourback to women's lives









HELP RAISE AWARENESS

Upload your black-and-white selfie like Ellie Goulding to show support for women all over the world #bringcolourback

CHIME FOR CHANGE IS A GLOBAL CAMPAIGN FOUNDED BY GUCCI TO CONVENE, UNITE AND STRENGTHEN THE VOICES SPEAKING OUT FOR GIRLS AND WOMEN. SPECIAL K AND CHIME FOR CHANGE ARE ALREADY MAKING REAL CHANGE HAPPEN BY FUNDING MEANINGFUL PROJECTS AROUND THE WORLD. TOGETHER WE ARE A COMMUNITY DEDICATED TO EMPOWERING GIRLS AND WOMEN BY PROMOTING EDUCATION, HEALTH AND JUSTICE AND YOU CAN BE A PART OF IT TOO. JOIN SPECIAL K AND CHIME FOR CHANGE AND HELP US SPREAD POSITIVE CHANGE ACROSS THE GLOBE. WE STAND STRONGER TOGETHER. WITH THE SUPPORT AND REACH OF THE CHIME FOR CHANGE CAMPAIGN WE CAN MAKE A DIFFERENCE TO THOSE IN NEED. SEE INSIDE FOR MORE INFORMATION.







INTRODUCING

MODERN MUSE LE ROUGE

BE DARING, BE AN INSPIRATION.

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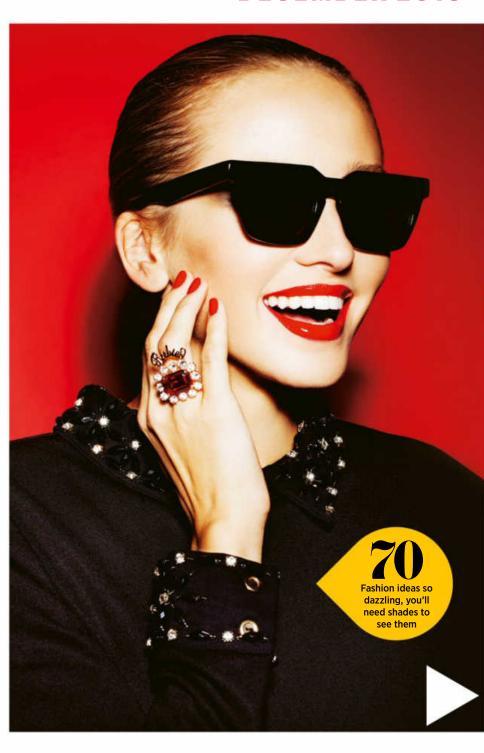
DECEMBER 2015

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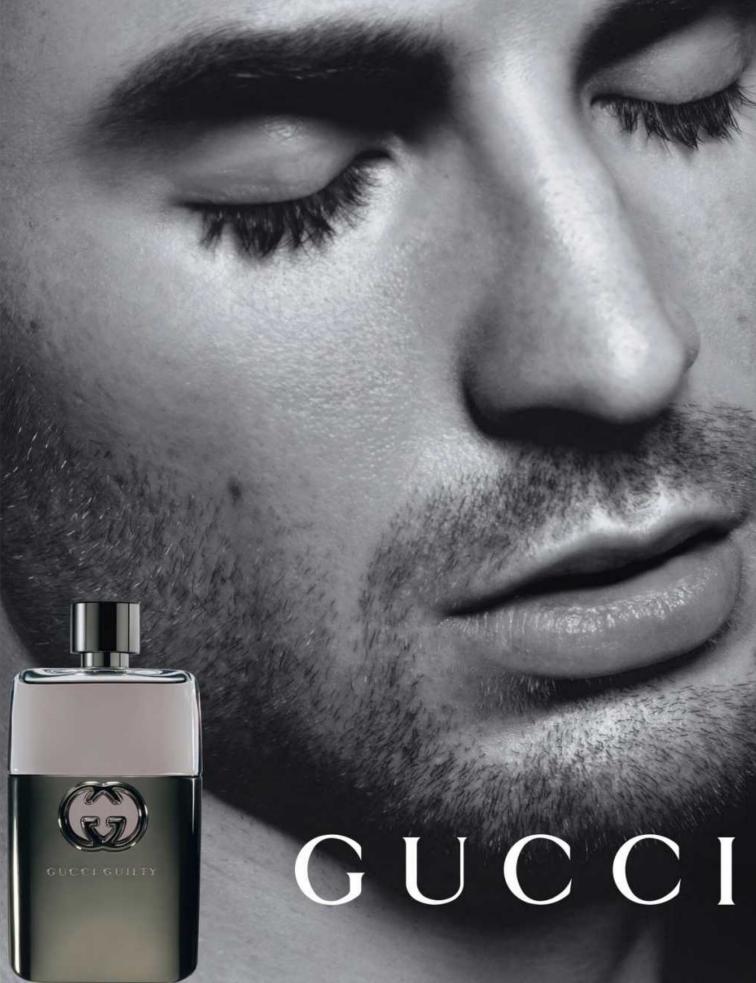
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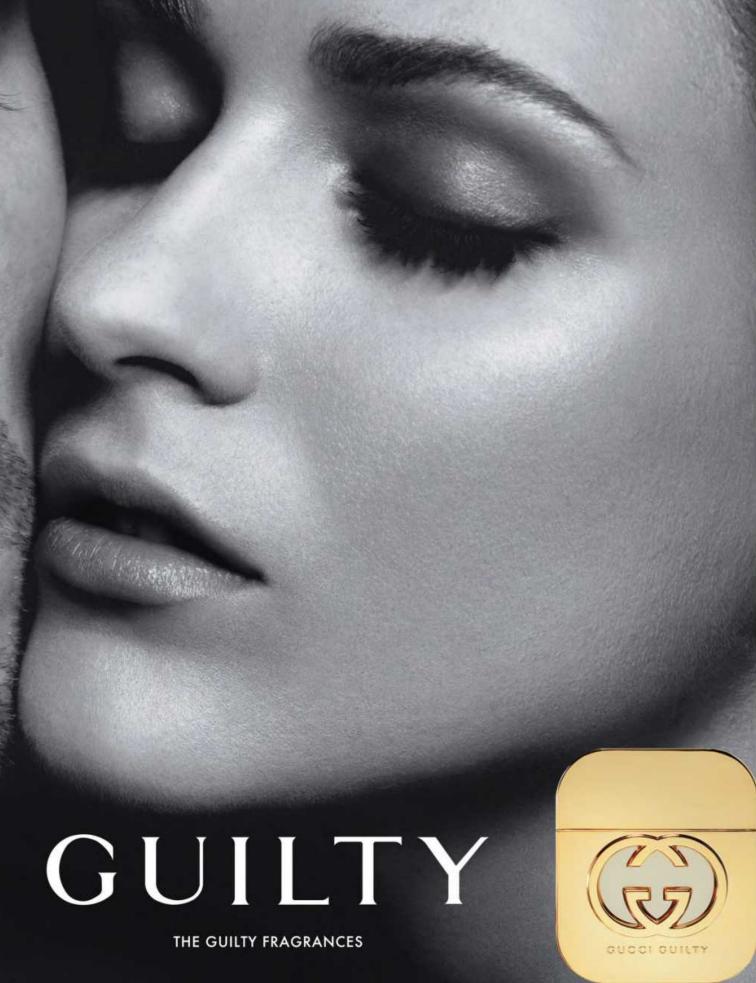
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The festive gift everyone's buzzing about. Our skin-changer is dermatologist-developed to gently lift the makeup, dirt and oil that hand washing may miss. Oh, the healthy glow...the purified-looking pores. And moisture just sinks in. A great gift for all skins—to give, and to get.

Clinique Sonic System Purifying Cleansing Brush









BOSS

BOSS MA VIE

STRONG, FEMININE, INDEPENDENT.



OUESTION OF THE MONTH

What's the most surprising thing you've found in your Xmas stocking?



My nan once gave me a 'Visit Jersey' plate she'd bought from a charity shop. I'd never been to Jersey, and I don't think she had either...



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My gran gave me a flannel with my name on. Would have been perfect - if my name was Lauren.



An adaptor plug (it came in a ring-shaped box very disappointing).

An ex's mum bought me the most

hideous brown felt bag I've ever



Pink knickers - from

my ex's grandparents.

A Paisley-printed rocking horse-shaped thing stuffed with potpourri.

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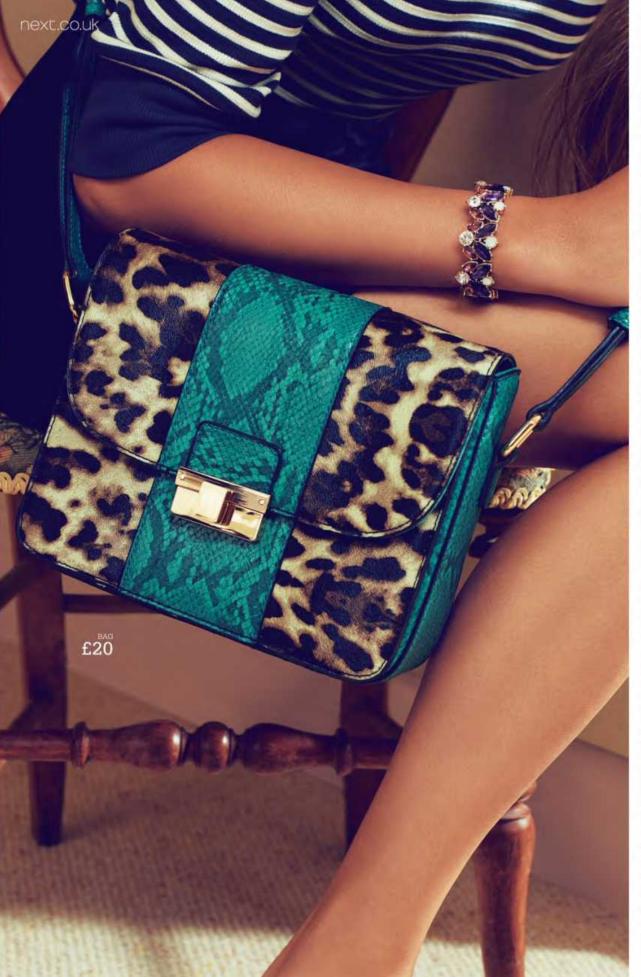
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next





FROM THE EDITOR

When I was 23 I landed my first job on a glossy magazine. It was brilliant. I got to ask people indecently nosy questions every single day (otherwise known as interviewing); make copious cups of tea (otherwise known as 'stealth networking' – or so I liked to tell myself!) and test out beauty products as part of my actual job (otherwise known as 'a result'). Life was good – until I messed up. It was a small mess-up (I forgot to book an interviewee's train tickets for a photoshoot,

if you must know), but it was still a mess-up. I was pulled aside and told in no uncertain terms that I had three weeks in which to get with it or get out.

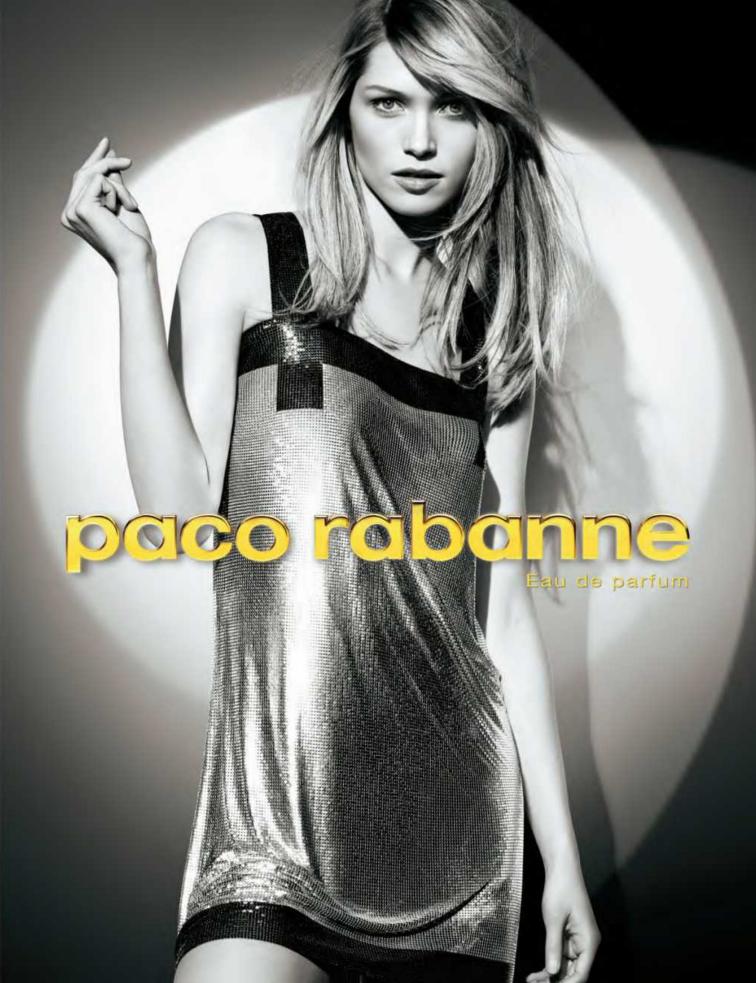
At the time my boyfriend (now husband) worked in the same office block, and I remember sitting outside in the park, in tears, with him. I was deeply ashamed and confused but, most of all, really, really frightened. The next day I went in and I worked harder than I've ever worked. Organisation has never been my strong point (just ask my PA), but I made notes and more notes so that I never forgot a single thing.

I ended up staying in the job for a while, and only recently someone told me that the same boss who'd taken me aside told them how much she'd loved working with me. On that day in the park I would never have seen *that* coming.

But, you know, I honestly believe that without the jeopardy of losing my job that time, I'm not sure I would be the Editor of *Cosmopolitan* today. Failure is a necessary route to success – as Jill Abramson, former executive editor of *The New York Times*, tells us on page 108. So if you're going through a tough time, here's my advice: big smile, deep breath and know, deep down, that this is what will ultimately make you a success.

FARRAH STORR Editor

* Follow me on Twitter @Farrah_Storr and Instagram @farrahstorr











good hair day, every day

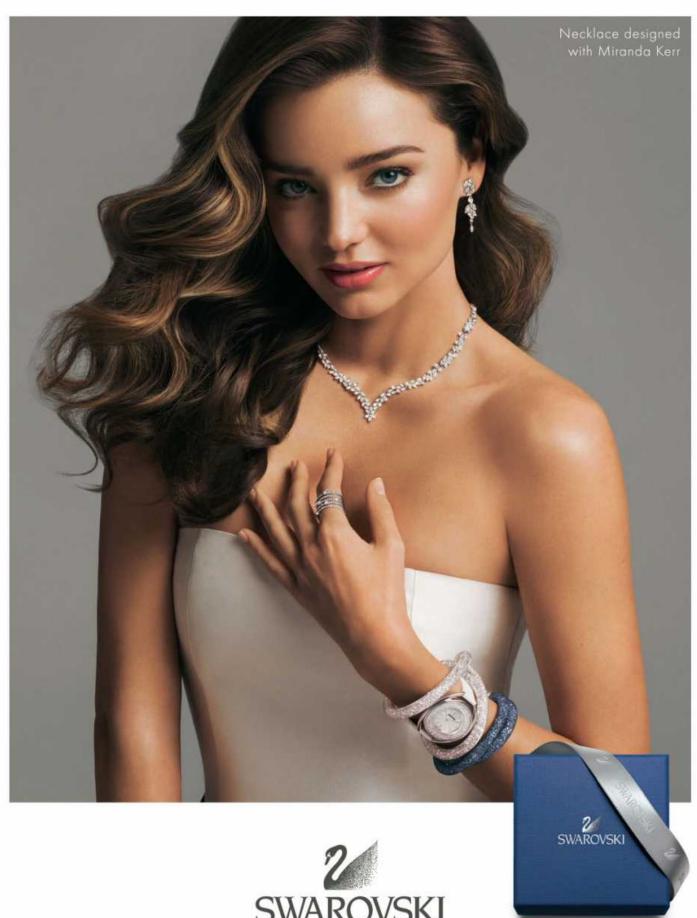






Collection from £74





Z SWAROVSKI

Know

Rimmel The Only 1 Lipstick, £6.99. A great lightweight, moisturising formula packed with pigment. And cheaper than a pair of novelty socks. Nails Inc Snowglobe, £15. The glitter quota of your mani depends on how vigorously you shake this bottle. Seriously... better than a snow globe.

> Hourglass Ambient Lighting Edit, £65. These three highlighters, two blushers and a bronzer are perfection in palette form. We actually let out a gasp of joy when we first laid eyes on it...

Illamasqua Broken Gold, £18.50. Super-fine gold leaf in a clear gel to layer over eyeshadow or wear on its own.

AUQ2AWAJJ1

Chanel No5 Eau de Parfum 35ml, £49. The iconic scent in a small-but-perfectlyformed bottle to fit snugly in your clutch bag. Adore. Hot right now!

Dear Santa, we've been making a list... Please follow carefully Molton Brown
Vintage 2015 Bauble,
£11. Champagne in
the shower? Yes,
please! Honestly, this
smells as good as the
real thing tastes.

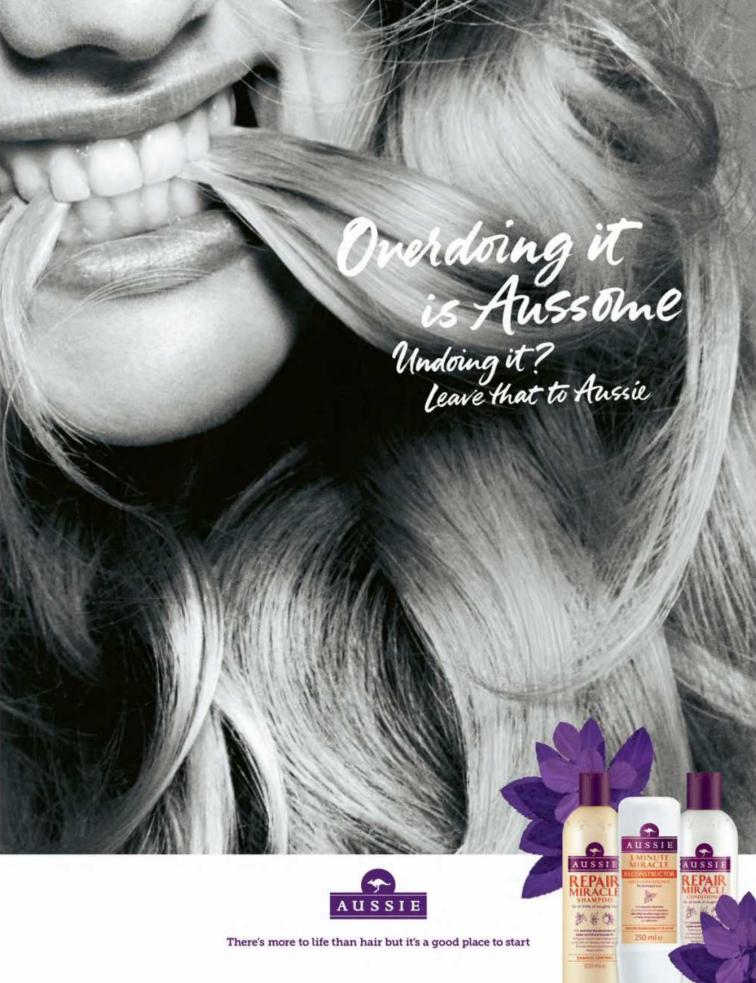
YSL Touche Éclat Kiss & Love Edition, £25. If we ever needed an excuse to buy a new Touche Éclat, this limited edition is it. Mwah.

No7 Shimmering Glow Palette, £12.50. Don't let the flecks of glitter put you off; if all you want for Christmas is cheekbones that shine like an angel's wing, this will oblige. Percy & Reed Perfectly Perfecting Wonder Cleanse & Nourish, £18. We're loving this posh-smelling co-wash full of essential oils and natural ingredients to restore hair and scalp.

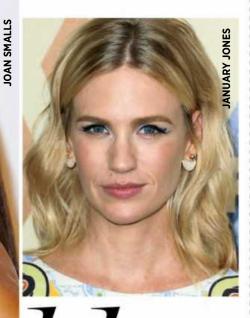
P.S Santa,

Can I also have a ghd

Arctic Gold Styler? #hintghd







Peek-a-blue

Is this season's hottest hue the trickiest to master? Not on our watch...

ot just for pantomime dames, blue eye makeup is both versatile and (whisper it) wearable. The key is to vary the intensity from subtle for daytime to modern metallic when it's time to shine. This look will make brown eyes pop, but that's not to say blue on blue can't work too. If your eyes are on the cool side (icy blue), reach for similar tones. Ditto if they're warm (say, with a hint of green). Got that? Now read on...

Replace your black liner with a blue one to give an unexpected flash of colour behind the lashes.

Illamasqua brand ambassador Charlotte Savoury suggests an even lower-key alternative: "Run a blue kohl pencil under your lower lashline to bring a brown smoky eye to life." AVOID bright liquid liner if

AVOID bright liquid liner if you have an unsteady hand. Gently smudged kohl is far more forgiving.

Scared of look-at-me cobalt? Benefit head makeup artist Lisa Potter-Dixon suggests blending a navy cream shadow along your lids and into the sockets using your finger. "The warmth of your skin will improve its blendability," she explains. For all-out drama, extend

Pixi by Petra Mesmerizing Mineral Palette in Aquamarine

Dream, £15

Maybelline Color Tattoo 24hr in Everlasting Navy, £4.99

Couture Kajal in 3, £25 AVOID wearing this look with pale-pink blusher – that's '80s territory.

PARTY
For grown-up glitter, think sparkly blue pigment, not shards of bling. Apply glitter adhesive along your lids (Mac does a great one); when it's tacky to

the colour below your

a small blending brush.

lower lashline using

one); when it's tacky to touch, start by patting a small amount of glitter over the top and build it up until you're happy with the intensity. Clean up any fallout under your eyes, then apply base as usual.

AVOID taking glitter above the socket line. Unless

you're a contestant on *Strictly Come* Dancing, in which case, hell, go crazy.

Ssssssshhhhhh!

Keep it down.

There's an Aussie girl nearby who's been

burning both ends of several candles.

You'll easily spot her. A bit sleep deprived.

But with hair that's wide-awake

and as fresh as a field of well-rested daisies.

How's that even possible? Aussie's

Repair Miracle collection, that's how.

Even if you've been up

to the unmentionable (we won't ask),

these hair-rehab miracles,

will sort out your do in no time.

So go on. Find Your Aussome.

It's what all the best **Aussie girls** do.

#FindYour Aussome







The (Pointing you in the right cultural direction this month.

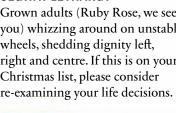


TORI KELLY

Hair like Shakira, pipes like Mariah... Tori will be dominating your Spotify playlists in 2016 – trust us. Unbreakable Smile, her debut album, is out now.

SEGWAY LETHARGY

Grown adults (Ruby Rose, we see you) whizzing around on unstable wheels, shedding dignity left, right and centre. If this is on your Christmas list, please consider re-examining your life decisions.



MOVIE MARATHONS

With FIVE Oscartipped films out this month, including Carol and Steve Jobs, you'll be spending this month in the dark.



CAFFEINE VAPING

Busy City workers are ditching their morning lattes for a more instantaneous energy hit in the form of a caffeine vaporiser. Health boffins are yet to approve, so we're sticking with Starbucks.



SWIFT SOUARED

Taylor Swift has revealed she has a not-at-all unattractive younger brother, Austin, who's just landed his first film role, in *I.T.* This guy also looks seriously good in a suit.



DIVORCE SELFIES

'Uncouples' are now posting #divorceselfie pictures of themselves fresh out of divorce court. Social media gone mad...



All over New York Fashion Week. It's a nude nail with a graphic, such as a white stripe, black dot or outfitcoordinating block of colour. We're very keen.





Our summer-festival essential has had its day in the sun. Good while it lasted, but time to move on from this trend. Well, at least till next year.





BLARNEY

US voice coach Jim Johnson says many of his clients want to master an Irish accent - to boost their pulling power. Top of the morn... oh, sod off.





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*Based on mass market facial moisturiser and deanser value sales for the past 12 months ending December 2014.

**Skin surface renewal is accelerated based on surface cell exfolation



YOUR BEST BEAUTIFUL*





Forget FOMO – now, it's all about

Fear of missing out is over. This party season, JAMEELA JAMIL is suffering from fear of going out

see it in LA all the time. Bored young men, drenched in aftershave and expectation, sitting in bars or clubs with faces like slapped arses, or standing silently with a thousand-yard stare and a \$30 cocktail in their hand, looking like they wished they were anywhere else on earth.

Then suddenly they'll pick up their phone, reverse their camera, put on a huge smile and spin around the room, cosying up to any girl they can grab, so that for 10 seconds on Snapchat it looks like they're having the night of their lives. The kind of night someone should make a movie about - possibly starring Zac Efron and Cameron Diaz.

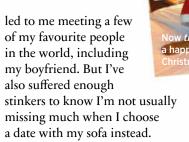
Every Sunday, social media is bursting with last night's photos, exuding sweat and glory. Yet when I'm actually out, I see tables of people all sitting staring at their phones in silence.

Who's really enjoying themselves as much as they pretend to be? Often, I'd much rather stay at home. But, of course, LA is party central - and right now, it's party season.

Am I the only one filled with dread at the prospect? Don't get me wrong, I love my friends, and I love seeing them once in a while for a meal or a dance. But this time of year is relentless. Is that bad? Am I bad? Have I turned into a grandma in my twenties? Maybe. Although actually, I've always felt this way - it's just that age and experience have honed my skills in giving absolutely zero fucks about social propriety. And it's fabulous.

Yes, I've had some amazing nights out in my time, some of which have >





I don't like how loud bars and clubs are, I don't like the drama when emotions and alcohol levels are flying high, and I don't like the fact that you can't go for a drink or a boogie (YEAH, I DID SAY BOOGIE) without men assuming you and your mates are simply waiting to be interrupted by an offer of penis with a side order of regret.

I don't like the disgusting toilets that, by 11pm, look like the apocalypse has arrived. I don't like the pain in the arse of getting home, and of making sure your friends are safe when they're wasted. I don't like feeling terrible for no good

"I say be 'boring' if you feel like it - it's better than being bored!" reason the whole of the next day. I don't like how shoving becomes a way of life after dark. I don't like being covered in some kind of unidentified liquid, then trying, through

the act of sniffing, to decipher, 'Beer or piss? BEER OR PISS?!' And I don't like throwing money away on a forgettable night just because I had a bad case of the FOMOs.

What *do* I like? I like good music, good restaurants, toilets with toilet

Three signs you're suffering from FOGO (fear of going out)

You find yourself regularly cursing Last-Month You, who committed This-Month You to three nights out in a row. She was probably sitting on the sofa eating cheese – what the hell did she know?

You airpunch whenever someone cancels on you, using the other hand to reply to their

text with a disingenuous, 'Oh, nooooooo!'

Your loungewear collection takes up twice the wardrobe space of your aoina-out clothes. And when you post a photo of yourself on social media wearing anything other than baggy yoga pants and a vest, everyone acts like you're dressed up for prom.

paper in them, and dinners at friends' houses rather than a 40-minute queue for the bar. I like games and movies, sitting down and having a conversation without having to scream over a David Guetta song. Or sitting by a fire in a garden or on a beach with a night-time picnic. But I also like staying in on my own, reading and painting and snacking and watching mortifyingly cheesy films that I live in fear of suddenly

finding listed on my Facebook feed.

"If you need me, I'll be here all day"

Some readers might already have turned the page at the point when I said 'boogie',

dismissing me as a killjoy fart. I understand. But if you're still with me, nodding your head, you're not alone. There are others like us also hating it out there.

While I still maintain that a great night out – with a *real plan* and good people – is one of the richest parts of life, and although it's brilliant to be open to possibility and wonder, it's also important to ask, honestly, 'Am I really in the mood?' And if you *are* in the mood, but when you get there (wherever 'there' is for you) it's rubbish, don't be afraid to just go home – if not somewhere better – even at the risk of looking boring.

I've grown up watching almost all my friends drag themselves out unwillingly, purely on account of it being the weekend, before drinking their way through the boredom. I say: just do what you want. Be 'boring' if you feel like it. It's better than being bored. So, this festive season, make a point of picking the parties and events you want to go to, not those you feel you *should* go to.

After all, obligation is such a big part of our lives, what with rent, tax, jobs, cleaning the loo, showering, brushing your teeth, dealing with rush hour without punching someone in the face... why should it get to seep into our downtime too?

So in that spirit, I spent this weekend in a onesie with a box set, a bag of Cheetos and my best friends. It was fantastic.

the art OF COLOUR



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- ULTRA-RADIANT FROM EVERY ANGLE.
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BECAUSE YOU'RE WORTH IT.





GIFT CURIOUSLY





 ${\color{blue} \text{HOUSE} \, \underset{\tiny \text{SINCE 1849}}{\text{OF}} \, \text{FRASER}}$

MELL, HELLO THERE

Being in love

"To me, the most romantic gesture is a quiet night in with my girl. I like to cook for her. I'm a meat eater and a griller - I do steaks, I do chicken, I do fish. I have a broad palate."

HIS VITALS

Age 34

Home town Lancaster, Pennsylvania

First major break Playing the tight-T-shirt-clad werewolf Mason, Lockwood in *The* Vampire Diaries.

Crazy fact #1
He met Lady Gaga
in 2011 when he
played the love
interest in her You
And I music video.

Crazy fact #2
Before breaking into
acting, Taylor worked
as a carpenter in
Hawaii. Handy.

Settling down

"In my twenties I was figuring out my own life, so it was tough to give someone else my attention. By 30, I was in a good place with work and I'd met my fiancée. Everything slowed down and I could be a better partner."

Taylor Kinney

Awkward sex scenes and banging out a steak for fiancée Lady Gaga are all in a day's work...

Favourite possession
"SpongeBob SquarePants

socks. I'm not very materialistic; I don't have a lot of stuff. But I do always like a pair of really weird socks."

Tricky sex positions

"On Shameless (the US version), I did a sex scene from the vantage point of Emmy Rossum's character. So I was pretty much naked, on top of a 250lbs cameraman, pretending to make love. One of the weirder things I've done in my line of work."

\ How to improve his first time?

"Uh, last longer. But everything else was great!" 



MAX FACTOR X



THE MAKE-UP OF MAKE-UP ARTISTS

ACADEMY AWARD® WINNER KATE WINSLET ACADEMY AWARD" NOMINEE JUDY DAVIS

LIAM HEMSWORTH AND

HUGO WEAVING

ESSMAKER

THE TOWN THAT SOLD HER OUT

IS ABOUT TO GET STITCHED UP



Know

FILM **FOCUS**

Hungry for more?

HUNGER GAMES fans: the final film instalment is here! For the uninitiated, our handy blag sheet will get you Mockingjay-ready

COSTUMES



THEY SAY I wonder if Jennifer Lawrence was her usual goofball self on set? YOU SAY Duh. She ripped her costume hip-hop dancing with Willow Shields and had to be sown back in.

HAIR ENVY

THEY SAY Katniss' plait is perfection. **YOU SAY** Producers rented £19,000-worth of wigs to help decide on J-Law's hair colour. They wanted her trademark plait to be recognisable from all angles.



STUNTS

THEY SAY I wonder if they ever get injured doing their own stunts? **YOU SAY** Jennifer went temporarily deaf in one ear when a jet of water punctured her eardrum. Ouch.



THEY SAY President Snow is absolutely terrifying. YOU SAY That was Donald Sutherland's plan. He wanted the role so badly, he wrote a three-page letter to the

THEY SAY I think I recognise Commander Lyme... YOU SAY Of course you do! It's Gwendoline Christie, who plays Brienne of Tarth in Game Of Thrones



WARDROBE FAILS

THEY SAY All those OTT outfits are incredible, but I bet they made going to the loo a bit tricky... YOU SAY Elizabeth Banks has said she needed someone to hand her toilet paper while in costume, and Jennifer has admitted to peeing in a bucket.

TRAGEDY

THEY SAY Philip Seymour Hoffman died before filming wrapped. How did they get around that? YOU SAY He only had 10 days left on set, and he'd already filmed all his dialogue.

LOCATION

first film's director saying

why he should be cast.

THEY SAY The city where they shot the Capitol scenes looks familiar. YOU SAY It's cities, actually. Most of those scenes were filmed in Paris and Berlin.

Still confused? Here's a glossary:

★ Because if you're going to jump on the HG bandwagon, you really should know your Peeta from your Panem first...



PANEM The country where it's set - a postapocalyptic America.



KATNISS The film's protagonist who wages rebellion on The Capitol.



PEETA Katniss' friend and coconspirator, who's in love with her.



GALE Katniss' childhood sidekick - who's also in love with her.



SNOW The evil dictator who rules Panem through fear.



THE CAPITOL The primary city of Panem, where colourful couture rules.



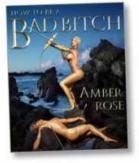
THE HUNGER **GAMES** Stanley Tucci hosts the child tributes' death match.



MOCKINGJAY A bird found in Panem that becomes the symbol of revolution.

BOOKS The inside track

Celebrities dishing the dirt and Adele's comeback: here's what's trending now...



*****TELLTALE TOMES

Kanye West must be quaking in his Yeezy Boost trainers – this month his ex-girlfriend Amber Rose publishes her much-anticipated guide How To Be A Bad Bitch. Given that the model has previously called his wife Kim Kardashian a 'home-wrecker', we bet the Kardashian-Wests can't wait to get their hands on it. But in case they (or you) don't



AMBER ROSE

A Bad Bitch

Kanye's ex-girlfriend shares anecdotes on her tough upbringing, love and tips for success.

FACTOR

GRACE JONES

My Memoirs By Grace Jones and Paul Morley



The legendary singer/model/ actress and undisputed queen of mean lets loose on pretty much everyone from Jack Nicholson to Miley Cyrus. Brilliant, brilliant, brilliant!

CAROLINE FLACK

fancy it, we've got three other juicy reads...

C Cup: My **Autobiography**



The X Factor host documents everything from how she landed the hottest job on TV, to behind-the-scenes stories from Strictly.

KATE MOSS a co

Supernovas By Maureen Callahan



A fast-paced, smart and gossipy look at the world of '90s fashion (and excess), focusing on Ms Moss,

Marc Jacobs and Alexander McQueen - their careers, the drugs, the parties...

MISSING IN ACTION



she was "fucking off for four or five years" in 2012.

We didn't actually believe her, until she basically disappeared ever since then. Thankfully, her break has been cut short, with her much-anticipated third studio album apparently due any day now. But what exactly has Adele been up to all this time? We can only imagine...

WORKING AS THE STIG ON TOP GEAR?

Now that Jeremy Clarkson's been sacked, she's had to revert to her old care er.





WATCHING 6,570 HOURS OF NETFLIX? That's an average of six hours a day.

NETWORKING TO GET INTO TAYLOR SWIFT'S SQUAD? Didn't make Bad Blood though...





IN HIDING? ... after an unknown artist called Sam Smith paid her to disappear so that he could have a go at cracking the charts.

KNITTING PONCHOS? She'll need a whole wardrobeful for her next tour.



JIMMY CHOO



THE ORIGINAL FRAGRANCE





Natasha (Devon WANTS A WORD WITH... Spencer Matthews

He has a reputation as a serial cheat, but is Made In Chelsea's Spencer really the love-to-hate lothario everyone thinks he is? Natasha Devon met him to find out...

The name Spencer Matthews usually prompts one of two reactions: an eye-rolling, 'Urgh what an arse...' or an incredulous, 'Oh, my god, did you see what he did to [insert girl's name here]?!' It's safe to say that Made In Chelsea's 'Spenny' is controversial, at best. In fact, the 26-year-old Eton-educated former stockbroker (he left his City job to star in MIC) has such a bad reputation with women, he makes Tiger Woods seem like a totally upstanding guy. But with a Twitter profile (746,000 followers, despite the cheesy photo) that links to the eye-wateringly

expensive Eden Rock Hotel (which his parents just happen to own) on the Caribbean island of St Barths, it doesn't appear he's that bothered. Which is lucky, really, because he's been getting it from all sides for as long as we can remember - from Millie Mackintosh famously slapping him on screen (her husband Professor Green later called him a "c**t") to frequent bust-ups with regular MIC-ers. Even the ever-affable Jonathan Ross called him "a bit of a dick". Add to that several ill-advised 'jokes', such as tweeting his (incorrect) £488,000 bar bill just days after Typhoon Haiyan devastated the Philippines, and having photos of his cocaine use made public, and it doesn't look great. Which is why, at the prospect of meeting him, I am, shall we say, 'managing my expectations'...

You're best-known for cheating on all your girlfriends, so how have you remained popular with viewers?

"Well, that's kind of you to say. In the past, I've been immature in handling break-ups. I'm still relatively young. We started [on MIC] ages ago, and my entire twenties have been documented. It sounds odd because obviously

'She knew I'd cheated on her, wasn't OK with it but still always came back

cheating is a horrible thing to do - and I regret every single time – but I've always been cowardly when it comes to finishing a relationship. When I feel that something's not quite right or I can't see a future, I've just sort of misbehaved, and that aids the process of ending it. But throughout my twenties I've cheated like, 10 >



times? It's not the end of the world. It's *seven* years!"

➤ Misbehaving to force the end of a relationship sounds like familiar behaviour – do you think that makes you popular with other guys?

"I wasn't always popular. At the beginning of series three, Jamie and I fell out over Louise, and

everyone took his side. That's when stuff started turning sour, and I wasn't popular *at all*. But then people just got used to it [the cheating] and started to find it funny. I'm sure my ex-girlfriends would be annoyed to hear that. But I haven't done anything particularly wrong in a while. I'm trying to grow up."

➤ When you cheated on Louise you said, "It's fucking hard to respect you when you allow me to cheat on you." Do you regret saying that?

"One of my faves! I'm joking. Yes, of course, it was a nasty thing to say. But knowing what you say is being filmed – and that people are going to see it on TV – makes you act awkwardly and weirdly, to the point where you panic and say something worse. Louise and I had a certain attraction that always led us back to each other. She knew I'd cheated on her, wasn't OK with it but still always came back. What I meant was, 'How long is this going to go on for?!'"

➤ Are you different in relationships from TV Spencer? "Yeah! Well, to a degree. I don't have the cleanest record, but it used to be worse. Now Lauren [Hutton] and I have broken up, and it's the first time I've done that with

> Surely some of your exes must hate you?

"Erm... no. I mean I'm not in touch with them all *daily* or anything, but no."

➤ How have you managed it?

someone in the 'honourable' way."

"I think I have a knack of turning most things into a joke. I don't think people see me as a particularly serious person. After a while they kind of take it for what it is – a good time that ended badly, so why not be mates? I genuinely do try to be as kind and nice as I can be to people, so I suppose they remember those times."

➤ When you look back on how you behaved in previous relationships, do you think there was some kind of emotional problem underlying it?

"Possibly. I try my best not to blame things on bad childhood experiences and say, 'That's why I am the way I am.' I find it hard to listen to that kind of stuff. I'm not what you'd call a role model – despite your kind words about me being popular. I get it a bit wrong."

➤ Would you ever date someone who isn't posh?

"Yeah. Why are you looking at me sceptically? Funda was not from money; neither was Lauren. My mate has just





'Many lads find it hilarious when I cheat on someone, but I don't' married Cheryl Cole and I'm extremely jealous of him. She's not posh! I've never noticed if girlfriends have money because I try to be as gentlemanly as possible, and never let them pay for much."

➤ You were filmed taking cocaine. Talk me through that...

"It was a long time ago. I have experimented in the past, but no more than your average young person. Unfortunately, I was set up – but such is life. I shouldn't have been so stupid; it's one moment I really regret. Then, not to brush it under the rug, but I really don't think it [cocaine] is that shocking – so many people do it. Being in the public eye is not all it's cracked up to be because, ultimately, you're on everyone's watch. Not that I take drugs anymore..."

➤ But don't you feel that you have a responsibility because *MIC* is watched by so many young people?

"I feel my actions shouldn't be popular. Many young lads find it hilarious when I cheat on someone, but *I* don't. I think it's very upsetting for the girls. I have a huge amount

of respect for women; I just happen to make mistakes."

I come away from our interview feeling unsettled. I found a few things Spencer said offensive; they hint at a deeprooted disrespect for women, despite his protestations to the contrary. I can't deny he's funny, handsome and charming. And he has a vulnerability about him that makes being tough with him feel like kicking a puppy. It's easy to see why he is popular and how he's remained on good terms with exes he treated badly in the past.

He also made me wonder what having your life filmed does to your sense of self and to your moral compass. If you're constantly being slapped on the back by producers for juicy scenes that boost ratings, or by viewers for delivering killer, cruel one-liners, there can't be much incentive to change your ways.

Perhaps Spencer is a victim of reality TV just as much as the women he cheats on. Perhaps he has a good heart but is too emotionally immature to use it in the right way. Or perhaps he's the most dangerous type of player – one who inspires sympathy and forgiveness. Maybe he's a bit of all three – we'll never really know...



She grew up on a Herefordshire council estate,

She grew up on a Herefordshire council estate, with an absent father and bailiffs at the door. When **ELLIE GOULDING** became famous at 23, then, no one was more surprised than her. Now, for the first time, she explains how the self-doubt that plagued her behind the scenes was what ultimately made her triumph. Jude Rogers meets the girl on fire...

e Rogers meets the girl on fire...





ou're 14, desperately poor and lonely, sharing a cramped council-house bedroom with your two sisters and writing songs on an old guitar to cheer yourself up. Fast-forward 15 years: the world's most famous pop star is on your speed dial, you've had No.1s in the UK and US, your boyfriend is an all-grown-up boy-band alumnus, and glamorous photoshoots like today's are a regular occurrence.

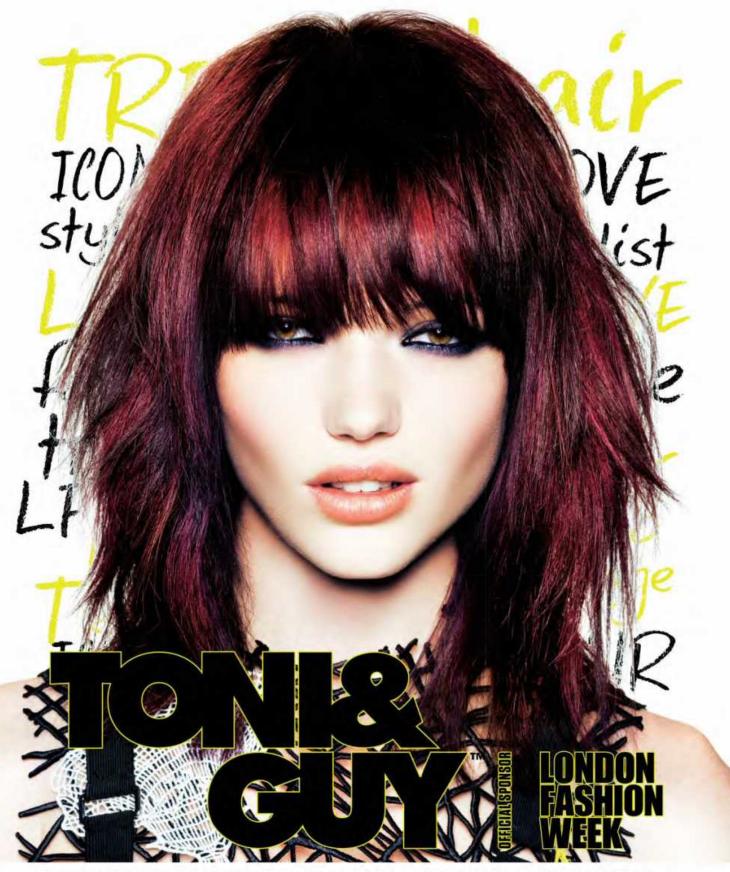
So, what's that like, Ellie Goulding? "Unbelievable!" she beams. Not many would have predicted such a journey for a woozy-voiced pop marvel like Ellie, whose career soared after 2013 transatlantic smash Burn. A Brit. School path to fame, or at least a privileged background, is the usual story. Instead, Ellie's battled tough times and triumphed. Right now, she's looking forward to the release of her third album, Delirium, and you may have spotted her hoicking a bazooka in Taylor Swift's all-star Bad **Blood** video (Ellie introduced Taylor to boyfriend Calvin Harris). She's also in a happy, settled relationship with McFly's Dougie Poynter (they met at Cosmopolitan's Ultimate Women Awards in 2013).

"Glass of prosecco?" Ellie offers, before settling on a vast leather sofa in the warehouse where we're shooting, its folds enveloping her taut but teeny body. Up close she's unbelievably cute, her brown eyes large and curious. Her candidness is impressive, as is her commitment to the charity Chime For Change. Co-founded by Beyoncé and Salma Hayek in association with Gucci, it speaks out for women and girls around the world. Ellie first got involved by playing at a Chime For Change gig in 2013. "I couldn't believe I was even asked!" she says. "There were so many female artists -Beyoncé, Florence, Iggy [Azalea]... it was an amazing atmosphere."

Ellie had been involved in femaleempowerment projects before, having travelled to Kenya with Free The Children the previous year. "I got to see the difference between having a school built and not having a school built. Most of the girls there would ordinarily go into a relationship very young, and that was that. Now, they're becoming more powerful."

Education means a lot to Ellie. It was her solace and escape from a difficult upbringing, and it was at university in Canterbury that she was spotted as a future star. Born in the tiny village of Lyonshall near Hereford in 1986, her dad Arthur left home when she was five (she last saw him aged 19; there's been no contact since), and her mum Tracey married a man Ellie despised (she's talked about both men before, and doesn't want to again). "I mean, god, some people have had it much worse than I have, but the extremity of that childhood and growing up around those people..." She holds her drink tightly. Bailiffs were regular visitors, and paying the bills was a constant worry. "I don't think that ever goes away," she says. "It's been very hard to become who I am now and take all this for granted. I can't have gone through what I've gone through and then become a different person."

Ellie was clever – she left sixth form with three As at A-level. "I was quite feisty, and opinionated. I just wanted to learn." At 14, she taught herself to play guitar, listening to bands such as Nirvana and Pearl Jam. Her father played guitar too. "I'm sure part of >



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me probably wanted to impress him. He's never seen me play, but I guess I thought, 'I can do this'. But her mum didn't encourage her desire to pursue music. "She was all, 'What are you doing? You can't do this'. It seemed to her that it was a pipe dream; a little bit unrealistic."

The subject of her mum is mostly off limits, but Ellie says her siblings are, "brilliant with what I do", especially big sister Isabel, who has just given birth to Ellie's first niece. "I've never had that feeling of wanting to show everyone a photo before," she says, whipping out her phone. "But she's so cute!"

Ellie kept going with music throughout her time at university and, one night in Canterbury in 2007, entered an open-mic talent show. By chance, young manager Jamie Lillywhite (who Ellie still works with) spotted her; less than two years later, he signed her to Polydor Records. Fame came quickly. In 2010, two months after releasing her debut single *Under The Sheets*, Ellie won the Critics' Choice Award at the Brits, which was presented to her by Courtney Love and Peter Kay. "This is mental," she gushed, sweetly, on stage that night. "I was going to take my shoes off so I didn't fall on the way!"

But behind the scenes, she struggled to cope with the spotlight, and started having panic attacks so severe she once ended up in hospital (I interviewed her around this time – she was edgy and nervous, completely different from the spirited woman before me today).

Meanwhile, her o

Meanwhile, her debut album *Lights* had shot to the top of the UK charts. It went double-platinum too, but she failed to score a No.1 single – which, in the cut-throat music industry, meant her star waned.

But that, Ellie says, saved her. "I'm glad the

pushed me out into the wilderness.

It was all, 'There you go, you're stocked up on your food and your water, and now you have to find dyourself.' And I was lucky I did." As she got stronger, more hits came – most notably her cover of Elton John's *Your Song*, which she played for the Duke and Duchess of Cambridge at their 2011 wedding, and, three years after her first release, her first No.1 single, *Burn*.

Romance came for her too, including relationships with Radio 1 DJ Greg James,

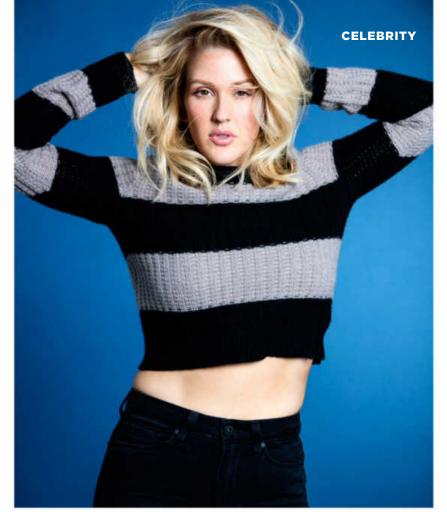
bubble burst, because then I was on

my own. It was like someone had

Romance came for her too, including relationships with Radio 1 DJ Greg James, and dance-music producer Skrillex. She happily has "no issues" with her exes, and they've stayed friends. "I don't let many people into my life, so when I do, it's pretty special. I don't want to let them go that easily!"

Then, in December 2013, came Dougie. Ellie practically fizzes as we talk about him – and she thanks *Cosmopolitan* for our help in bringing them together. Did their eyes meet across a crowded room? "They did! He was just sort of walking around, and I thought he was really fit. I was also wearing the tightest corset of all time." She puts her hands on her hips and puffs. "I couldn't breathe. But it worked, because I pulled him!"

Engagement rumours have been rife, but would *she* ever consider proposing to *him*? "Hmmm, no. I'm all about making women do things that blokes should do, but there's a part of me that is annoyingly traditional..." She stops herself, as if she's wondering whether she should say what follows – but she goes ahead. "You know, my life is so weird that I do want some normal things."



"I was touring... and I definitely was drinking too much" She puts her finger to her lips to shut herself up and we both laugh. So she can see a longterm future with Dougie, then? "Yeah, of course! 100%!"

Dougie has also been through a lot, including a spell in rehab in early 2012 (he battled drink and drugs after splitting from The Saturdays' Frankie Sandford).

As sensitively as I can while we're both holding glasses of fizz, I ask what it's like to be with someone who doesn't

drink. Ellie's reply is typically candid. "I don't drink to excess, so it's totally cool... but I did have a period when I felt like I did." This was when *Burn* came out, the summer before Ellie met Dougie. "I was touring with Bruno Mars, and I definitely was drinking too much. I was a bit out of control, um... yeah, I wasn't happy."

So she took charge of her life. A fitness lover, she started running more (she's done impressively speedy 10Ks in London and Paris this year) and struck "the right balance of people around me". This, of course, includes being a part of Taylor Swift's star-studded girl squad, alongside Cara Delevingne, Lena Dunham and Selena Gomez – to name but a few.

It all began when Ellie met Taylor on ITV's *Jonathan Ross Show* in 2012. "I was really nervous, because she's such a legend, and I remember thinking, 'Please don't act like a twat, Ellie; don't say anything stupid." But when Taylor quoted a lyric of one of



Ellie's less well-known songs to her, she relaxed. "I thought, 'Wow, that's cool. Taylor's a badass!"

The following summer, the pair sang Ellie's euphoric top-five hit, *Anything Could Happen*, together on tour in LA.

So, what's Taylor like?
"She's really funny. She's got a very
British sense of humour. We love
doing scenes from *The Office*."

Do they text? "Of course!" Was it weird when she first got one from Taylor? "No, it's not like that. People might imagine it that way, but from where I am, she's just my friend."

Ellie does get invited to ridiculous A-list gatherings. She's loathe to give details ("I've got to keep some things private, for me"), but she had dinner at Stella McCartney's home recently with Taylor, Adele and Kate Hudson. She loved seeing Adele especially as, she says, "We've been friends since

"Taylor's funny... she's got a very British sense of humour" MySpace days - she really makes me laugh." What do they talk about? "Everything! Our lives, the world... the same things I talk about with my friends from school who do 'real' jobs. One's a teacher, one's a nurse... I couldn't be more proud of them. I have friends who are famous, and I have friends who are not famous, but those older connections are the particularly special ones."

So she's saying a takeaway in Hereford is better than a Michelinstarred meal with the A-list? Ellie smiles, and those fox-like eyes dazzle. "Seriously, sitting with my old friends talking about old times is when I feel the most joy."

Even when she thinks about her past, Ellie can see bright, silver linings. And when she talks about the tough times today, she's together, more philosophical. Happy. Of course, certain subjects do still rile her – namely social-media trolls

("Some people will comment meanly on what I'm wearing, and I'll be like, 'Come on, guys, get it together!'") and sexism in the music industry. "I get annoyed when men write degrading songs about women, but women are starting to speak out. And I got annoyed when Glastonbury had so many men on the line-up... but then Florence headlined. Things are changing, you know? And I love it." Things will keep changing for the better for Ellie too - you can feel it. And you just wish you could go back to tell 14-year-old Ellie that for her, anything could happen.

PHOTOGRAPHS JOSEPH MONTEZINOS, STYLING SAIREY STEMP, STYLIST'S ASSISTANT HOLLY COOPEY. HAIR LOUISE BYRNE, MAKEUP LUCY WEARING, USING MAC, NAILS MICHELLE HUMPHREY AT LMC
WORLDWIDE ELLIE WEARS: FIRST SPREAD: JUMPER, BRACELET, BOTH GUCCI. TROUSERS, PAIGE. SECOND SPREAD: JUMPER, DKINY. PREVIOUS PAGE. JUMPER, 360 CASHMERE. JEANS, PAIGE. THIS PAGE. AS BEFORE

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CWY-CV-

*****Ellie Goulding

"As a kid, I'd steal my sister's makeup – she was tall and had an amazing figure, while I was awkward and weird. I'd steal her clothes too!"

"How did I set up Taylor and Calvin? It just kind of happened. They're both good people; both dear friends. I thought it might work – and it did!"

"I am a strong person, so when I started having panic attacks around this time, I found it genuinely embarrassing. I did CBT [cognitive behavioural therapy] and it changed my life."

June 2015 Mac announces Ellie's makeup collaboration line with the brand

October 2014 Features on Outside with Calvin Harris

September 2014 After the success of her first two albums, buys her first house in Marylebone, London

February 2014 Wins Brit Award for British Female Solo Artist

August 2013 Burn goes straight to No.1 in the UK

October 2012 Releases second album Halcyon

June 2011 Lights hits No.2 in Billboard Hot 100; album goes platinum in US

April 2011 Performs Your Song at Prince William and Kate Middleton's wedding

March 2010 First album Lights debuts at No.1. Ellie is thrust into the spotlight

February 2010 Wins Critics' Choice Brit Award

July 2009 Signs with Polydor Records

"I live around a bunch of old punks – next door to one of The Clash, and Chrissie Hynde is around the corner. It's the funniest little world."

"That felt amazing.
It's taken a lot of
perseverance and
conviction to make
sure that I believed in
my music and that I
never gave up on it."

"I love that song, but it was a real shock for me how easy it was getting to No.1. I didn't write it, but if it takes me to a place where people buy my album and listen to the songs I did write, then that's cool!"

*Education

2005-2007 English, politics & drama, University
Of Kent (she left to concentrate on music)
"When I was at uni I did an acoustic show on my guitar,
and a woman said to me afterwards, 'Can I have your
autograph?' I burst out laughing. She said, 'You're going to
be famous.' That was the first time anyone ever asked me."

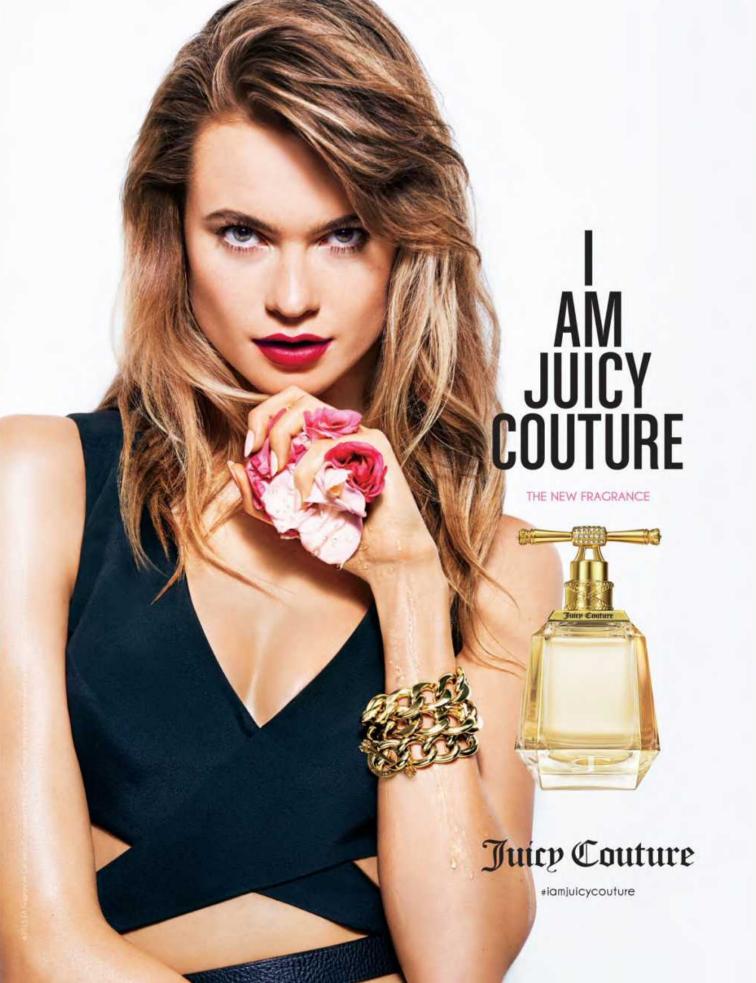
2003-2005 Hereford Sixth Form College "I got A-level As in English, politics and drama, but I didn't get accepted to the university I wanted initially. So

I wrote a letter to the University of Kent. It was definitely desperation, but I got in. I was a hustler."

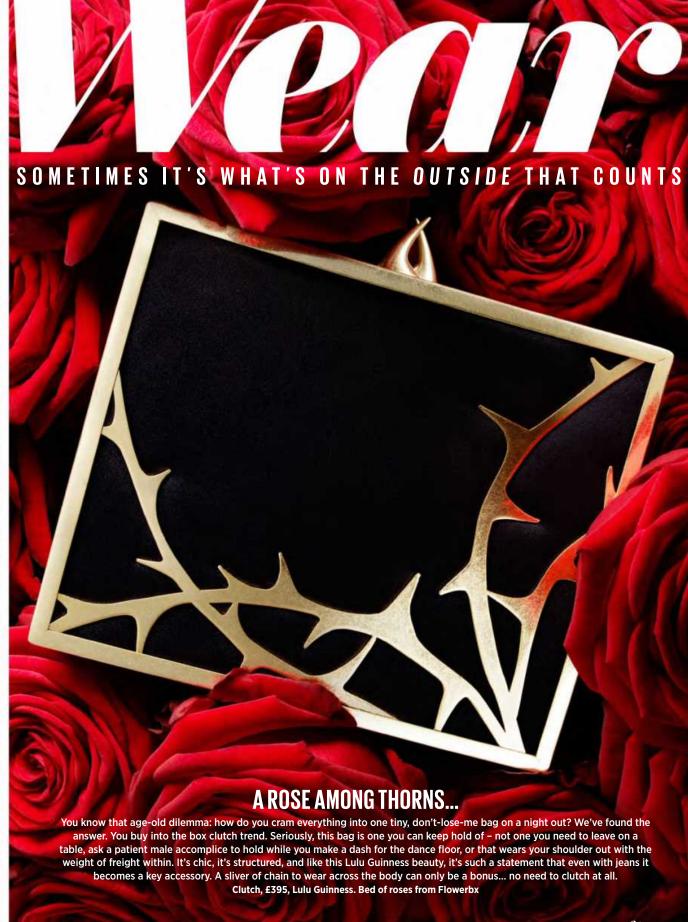
1998-2003 Lady Hawkins High School, Herefordshire "My first job was sweeping up at a hairdresser's when I was 12. I still remember the smell of the bleach."

1991-1998 Kington Primary School, Herefordshire "High school and primary school are so special to me. If anyone said, 'We're having a reunion,' I'd be so excited!"











Sexy. Strong. Extravagant. That's the deep, deep V; a trend that will inveigle its way into every party this season and quite possibly create a few gasps along the way. (And that's a good thing, trust us.) Best for smaller chests, although larger-bosomed friends can still apply – just look for Vs where the point sits just above the breasts.

THIS PAGE Jumpsuit, £125, AQAQ. Shoes, £475, Christian Louboutin. Mask, £8, So High Soho

OPPOSITE PAGE

Zhanna wears Dress, £48, Asos. Shoes, £250, LK Bennett. Tights, £31, Wolford. Necklace, £249, Swarovski. Lukas wears Blazer, £275; shirt, £90; trousers, £110; shoes, £245; tie, £4, all Reiss >

Most party dress codes come in two distinct flavours: low key and sultry or high key and sexy. Whether you want to smoulder in the corner or stand out on the dance floor, we've got you covered

FASHION Sairey Stemp PHOTOGRAPHS Tony Kelly





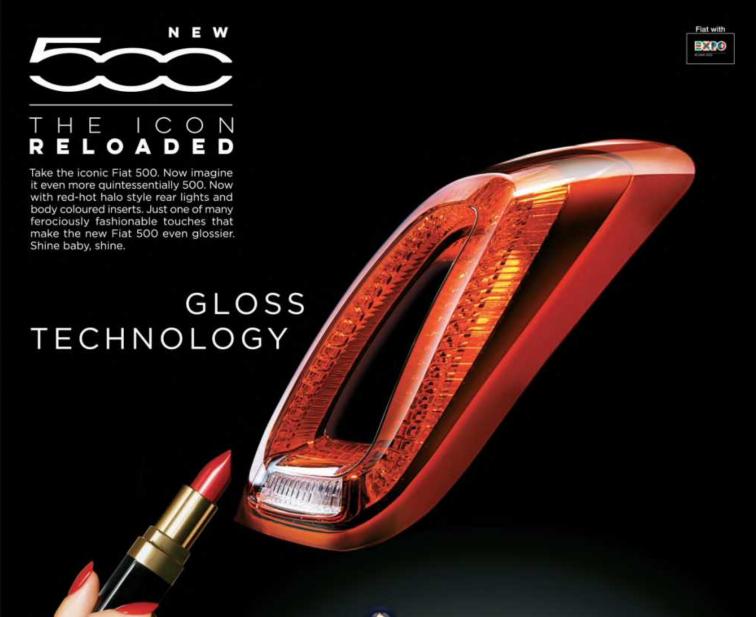














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Wear

HEY, HOW DO I WEAR...

Retro lurex?

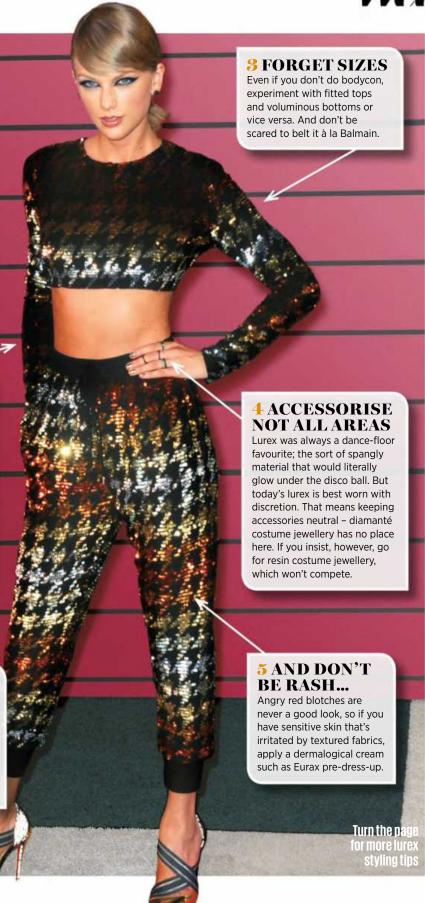
Sure, this fabric has a whiff of the '70s suburban dinner party, but follow our rules and come out shining (in a good way)...

IUNDERSTAND YOUR LUREX

First, a brief history lesson: lurex is basically a knitted fabric with metallic yarn woven through it. In your nan's day, manufacturers used actual metal, which is why vintage lurex can look tarnished. (A splash of lemon juice and salt mixed together and rubbed along the thread will brighten up any older lurex pieces you've found.) But if you're buying it today? It's synthetic, so don't worry.

2 CONTRAST IS ALWAYS BEST

You must set it off with contrasting fabrics. Think knee-length lurex tube skirt with an oversized men's white shirt or classic white tee. Go against lurex 'typecasting' too. It's just as sexy in track-inspired pants (see Taylor) as it is in a 'wiggle dress'.



Wear









BY HOLLY COOPEY, PHOTOGRAPHS FAMOUS, GETTY IMAGES, KEIR HARRIS, PRESS ASSOCIATION, XPOSURE

ISSEY MIYAKE

L'EAU D'ISSEY











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IS YOUR 9-5 AGEING YOU?

Can you age five years in less than a day? Yes, according to a recent study, in which people were asked to guess a woman's age at the start and end of the day. The result: most people thought she looked five years older just 14 hours later. Cue a flurry of fatigue fighters from the likes of Decléor, Embryolisse and This Works. Our favourite, **Kiehl's Daily Reviving Concentrate**, £36, is packed with hard-working antioxidant-rich essential and botanical oils that strengthen skin's natural defences against youth zappers such as pollution and UV rays. The dog days are over.



Immortelle Star Gift, £55



1 Jasmin Immortelle Neroli EDT Has notes of pink pepper, neroli, orange blossom and amber. It's worth £46. We'll leave you to do the maths. 2 Jasmin Immortelle Neroli Shower Gel; 3 Jasmin

Immortelle Neroli Body Lotion You'd better like this scent a lot, because after using both of these you'll smell of it 24/7. 4 Jasmin Immortelle Neroli Soap Bar Soap's a bit retro, no? Give it to your nan. She'll love it.

Party Kit, £25

1 St Tropez Self Tan Bronzing Mousse There's one of these sold somewhere in the world every minute. Just saying. 2 Eylure London Volume Evelashes: 3 Ciaté Nail Varnish in London Baby We have no

idea what these have to do with false tan, but sparkly nails and lashes are Christmas gift staples. St Tropez applicator mitt (not pictured) Sure, it's worth about 2p, but it's always handy to have one of these stashed away.



1 Daisy by Marc Jacobs EDT The Daisy franchise is Marc Jacobs' best-ever seller.

- 2 Daisy by Marc Jacobs EDT **Roller Ball** Exclusive to the set and perfectly sized to fit in your clutch bag for top-ups.
- 3 Daisy by Marc Jacobs Body Lotion If you want to channel an actual daisy, layer this body cream under your fragrance.

Soap & Glory Soaper Star, £20

- 1 Clean On Me Shower Gel This bad boy will last you ages, and the pump action is ideal for slippery shower hands.
- 2 The Righteous Butter Body Butter One of these sells every 20 seconds, so you probably already know how great it is.
- 3 Heel Genius Foot Cream;
- 4 Hand Food Hand Cream We'd love these to be bigger, but they are handy for travelling.
- 5 The Scrub Of Your Life Body Scrub The clue's in the name...
- 6 Fluffy socks The least exciting bit - but we do love toasty toes.

- the brand's best-seller.
- 2 Body Building Shampoo;
- **3 Moisture Balancing**
- Conditioner Sure, the shampoo and conditioner don't match, but this combination suits more people, apparently - clever! They're best-sellers too.
- 4 Daily Damage Defence;
- 5 Maximizer They might look small, but you only need a tiny amount of these hero products. >







Aesop Maps of Light Cephus, £57

- 1 Geranium Leaf Body Cleanser If you've never experienced the joy of Aesop, try this and you'll be sold. Guaranteed.
- 2 Geranium Leaf Body Scrub Fun fact: this is the dreamiest of all body scrubs.
- **3 Geranium Leaf Body Balm** Smother everywhere and you'll never feel sad again.

Piece Lip Color & Two-Piece Nail Lacquer Gift Box, £130

1 Lip Color in Blush Nude; 2 Lip Color in Cherry Lush; 3 Nail Lacquer in Bordeaux Lust; 4 **Nail Lacquer in Scarlet Chinois** Wow, the bargain of the year, right? OK, so you won't save a penny, but at least you can choose the shades you want. Win some, lose some.

Benefit Get Your Party On, £39.50

1 They're Real! Mascara What's this? Oh, only a tin containing the UK's No.1 mascara...

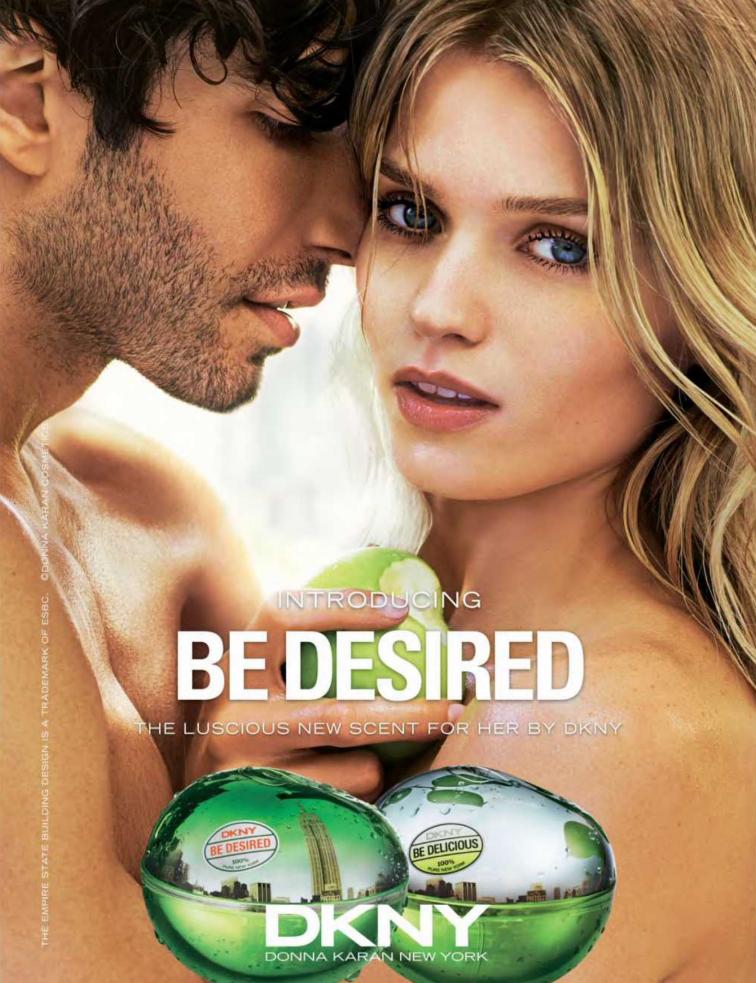
BEST VALUE!

ave

E41.50

- 2 Hoola Bronzing Powder The best-selling bronzer...
- 3 High Beam Highlighter ... and
- the second-best-selling product in the UK's (er, well-known) 'all other face items' category...
- 4 Gimme Brow Brow Gel ... and the second-best-selling product for brows. No big deal, then. •

Don't forget my ghd Styler! #hintghd







Can a candle really capture Christmas? Acting Beauty Editor CASSIE POWNEY sniffs out the latest launches to find out



Jo Malone Roasted Chestnut Deluxe, £120 Come in from the cold and rest up by the fire. What's that? You don't have a fire? Oh well, burn this candle instead, and fill the room with warming scents of smoky, nutty loveliness. A hint of caramel takes the edge off, plus this burns for an impressive 90 hours.



Roja Parfums Pour Maison, £75

First come the deep, woody notes of a forest walk, then the sweet notes of gingerbread, cocoa and toffee, all served in front of a crackling open fire. Add a sprinkle of church-inspired frankincense to the proceedings and that's Christmas Eve in a candle.



Diptyque Liquidambar, £55 Liquid amber creates the sweet, earthy heart of this scent. Nutmeg and cinnamon spice things up, while brown sugar takes it into mouthwatering territory.



Miller Harris Rock Star, £75 (set of three with Wild Star and Super Star) More Christmas party than Christmas Day: smoky 'night-time' notes of birch and black tobacco give way to warmer 'sunrise' aromas of nutmeg and cumin.

Jo Loves Christmas Trees, £45 You know the smell of a just-opened box of Christmas-tree decorations? That's what this smells of. The child in you will go giddy over nostalgic notes of fresh pine, lavender and amber.



(How

BEAUTY

LAB



INGE HAS ISSUES



Cosmopolitan's Beauty Director INGEBORG VAN LOTRINGEN gets a few things off her chest

This month I can't get over... Double-masking

'Multimasking,' or the act of sporting multiple face masks all at once, may be a social-media hit, but it can also be a shortcut to irritated skin if you leave one mask on too long to accommodate the other(s). What makes more sense to me (I've done it for years) is double-masking. Apply an enzyme or AHA mask first to dissolve dead cells. Follow that with a treatment mask. The latter works twice as hard on pre-peeled skin, so you get professional-looking results at home. Try these combinations:

DRY AND SENSITIVE SKIN



Algenist Algae Brightening Mask, £45



Pai Rosehip BioRegenerate Rapid Radiance Mask, £22

OILY AND CONGESTED SKIN



Estée Lauder Clear Difference Purifying Exfoliating Mask, £35



Starskin Behind The Scenes Calming Face Mask, £8.50

LINES AND PIGMENTATION



Zelens Transformer Instant Renewal Mask, £95



Nuxe Splendieuse Anti-Dark Spot Perfecting Mask, £30

BEAUTY STAND-OFF

NEXT-GEN EPILATOR

Lightning-fast and far less torturous than the coily devices of yore (I can do my bikini line with these!), they leave you smooth for weeks. Hair grows back finer and, over time, sparser.

AT-HOME LASER

Lasers kill the bulb from which hair grows – although at-home devices aren't powerful enough to ensure hair never grows back. Zapping every inch of skin is a rather slow and sting-y process.

MY WINNER

Epilator. The laser takes a good 12 treatments (fortnightly, for safety reasons) for patches of hair to vanish, so you risk giving up, as I did. For true permanent hair removal you still need to go pro. Also, lasers are off-limits for dark skin or very light hair, while epilators are not.

Braun Silk-Épil 9 Skin Spa, £179.99

PERSONAL SHOPPER



Multimasking supermodel

Izabel Goulart (above right)

OBSESSED

* Kérastase Fusio Dose, £15 An in-salon option, these bespoke serums tackle hair issues (frizz, (dullness, brittleness...) in minutes and keep it lush for up to five washes.



IMPRESSED

* Redken Stay High 18 High-Hold Gel To Mousse, £19 This sticky gel-to-mousse

stuff gives great bouffant, and answers my plea for a volumising mousse with staying power.



NONPLUSSED

* Giorgio Armani Ecstasy Lacquer, £27 Promises seriously lacquered lips. Delivers a 'meh' sheeny stain that smells of Elnett. The shine does last, but it's a bit underwhelming.

We quizzed three celebs on

everything from hair and beauty prep to hangover cures. Prepare for all your voyeuristic tendencies to be satisfied



Her nights start with a glass of red and she recovers with a Netflix binge...

- * I like to mix up my night-out look, but I often stick to classics - a bold lip, smoky eyes, great skin. * I'm a bronzer girl and a makeup artist once showed me how to add a little blush on top of bronzer. It adds a pop of colour and makes a huge difference! * The night out that I felt my most beautiful was at the opening of Andrea's restaurant at the Wynn Hotel, Las Vegas in 2013. * I'll style my hair in
- a glam bun or have a blow-dry. Modelling takes its toll because of the hot irons, so healthy hair is important to me. I use masks as often as I can.
- * A spritz of Jo Malone Orange Blossom Cologne makes me feel fresh.
- * I like Rag & Bone jeans – they just fit so well. My style is casual but I like to dress up at night - I love sexy heels.
- * My favourite red-carpet look was for the premiere

- of The Other Woman. I wore dramatic earrings, so I kept my skin and lips subtle. I had feline flicks and black lashes for something extra. * I listen to Florence and
- the Machine and Arcade Fire while getting ready.
- * Before a night out I'll eat fish or chicken with grilled vegetables and sautéed spinach with feta.
- * Red wine is my drink of choice, at home and while I'm out. I like tequila with soda water too - it tastes like a skinny margarita. * In my clutch bag I'll
- carry the lip colour I'm wearing - I love Bobbi Brown's Your Majesty, and

- her concealer kit, which comes with a pot of powder. * The song I request is Baby Got Back. Everybody
- loves a good throwback and it gets the crowd going. * As soon as I get home
- I wash and tone my face. My mom taught me to do it every night so it's ingrained. * I'm a sucker for anything
- salty after a night out pretzels, fries, calamari, popcorn. I definitely believe in cheat days.
- * My perfect hangover day is a lie-in and a Netflix binge cuddled up with my dog and coconut water. A workout and a steam make me feel better too.





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Ella Eyre

Ella eats sushi before partying with Chlöe Howl and Jess Glynne

- * Cleansing and exfoliating is one of my pre-party rituals. I wear two different primers to protect my skin from all the shit I'm about to put on!
- ★ I always eat sushi before a night out. It's a healthy way to fill up.
- * I keep my look quite simple and fresh because I don't want to keep topping it up. I usually just focus on my skin, lips and eyebrows. I'll wear an orange or nude lip and I always have a strong eyebrow game.
- * My hair is naturally curly but I do use tongs on it for volume, and I backcomb it too. It tends to be loads flatter if I've just washed it, so it has to be backcombed twice as much.
- * I don't like to put too much product on my hair because it weighs it down. Kiehl's does repair serums that I leave on overnight, and I've always loved Aveda – it does good products for curly hair.
- * Armani Diamonds Violet is my party perfume. I could bathe in it! I love floral smells, so this one is great. My hair holds scent really well so I spray loads in it.
- ★ I like to keep my outfits quite simple I don't want to worry about things falling off, falling out or ripping. I'm partial to a catsuit with heeled trainers. I think it's about accentuating your features, so I go for things that help me out a bit.

- * I listen to chilled music like Lianne La Havas when getting ready. Anything too fast, I rush and don't do my hair or makeup properly!
- * In my clutch I carry YSL Touche Éclat – it's good for applying quickly – and whatever lipstick I'm wearing.
- * The compliment I hear most on a night out is, 'I love your hair!' Because nobody's going to say 'great tits!' are they, really?
- * I love going out with other girls in the industry, such as Becky Hill and Jess Glynne, or my best mate Chlöe Howl. There's always a good atmosphere – never catty or competitive.
- * My favourite cocktail is an Eastern Standard. It's got cucumber, vodka, lime and mint. Vodka is my spirit of choice.
- * The Brits 2014 was my best night ever. I went to bed at 10am so I'm surprised I can even remember it! I collaborated with Rudimental and that was kind of my big break.
- * Lana Del Rey is the most gorgeous celebrity I've ever seen at a party. Her look always seems totally effortless and I love that.
- * I should take my makeup off at the end of the night, but that doesn't always happen! When it does, I use a Lancôme cleanser or Garnier Micellar Water, and then Kiehl's Midnight Recovery Oil. >



(How

Annie Mac

Annie envies Grimmy's skincare routine, and once gaffer-taped her dress to her legs...

- * My go-to beauty look is usually a cat's eye, which takes ages to perfect, then a bright red lip. I'll wear false lashes if I can find somebody to apply them.
- * I always do my makeup in a stress at the last minute, rub it off and try again!
- * I prep my hair using the one thing that works in it: Kérastase Nutri-Thermique hair mask. It took me 15 years to find it's pricey but lasts ages. Then I turn my head upside down and diffuse, diffuse, diffuse. Gotta get that hair big! I use volumising powder too.
- * Before a big event my skincare routine consists of using my Clarisonic to make my skin feel really clean, then I'll sit in the bath with a face mask on.
- * The nights I feel most beautiful are the nights that I'm happiest. Feeling good about the way you look is essential.
- * My favourite and signature fragrance is Chanel Allure. Always.
- * Comfort is key when dressing. I mix glamour with casual – like skinny ripped jeans with a band T-shirt, heels, a faux-fur coat and loads of jewellery.
- * Drake is top of my getting-ready playlists and



- my DJ sets. I really like his song *Hotline Bling*.
- * Before a night out I eat something substantial that'll soak up the alcohol. Then the Spanx come out...
- * If the girls are round, champagne or prosecco is my drink of choice. When I'm out, I like a vodka tonic or an Aperol spritz.
- * My worst wardrobe malfunction happened at GlobalGathering in Korea. I was wearing a billowy dress and the wind kept blowing it up. I was trying to DJ with one hand and hold my dress down with the other. In the end, we gaffer-taped it to my legs! * The most glam celebrity
- I've met? Nick Grimshaw. He is so glamorous. I once witnessed his skincare routine he used five different creams before he left the house.
- * Before I was a vegetarian I'd stop for greasy fried chicken on my way home. Now it'll be falafel, always with cheesy chips.
- * After a night out there's no better feeling than kicking off my heels and pulling off my false lashes.
- * I take my makeup off using Liz Earle Cleanse & Polish. I try to stay makeupfree after a big night too, to let my skin breathe.
- * My perfect hangover day is a long, lazy lunch in the pub with macaroni cheese and red wine. Then home to watch films under a blanket. My hangover cure is exactly that: a 'cure' – in Dublin that means a drink.
- * Annie Mac Presents 2015 album is out now

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WORK SMARTER, NOT HARDER...

FRIGHTENED OF BEING PHONE-FREE?

When did you last do the classic 'pat-and-panic'? Not so long ago, we're betting. New research shows 11% of us check our phone every few minutes, and now a study at Iowa State University has identified nomophobia - the pathological fear of being without your smartphone – as a real-life problem. The four definitive indicators of addiction? 1. Feeling that you're unable to communicate without your phone (tick). 2. A perceived lack of connection with the outside world (tick). 3. Being unable to access information (tick). 4. General loss of convenience (yup). With women identified as 3.6 times more likely than men to experience nomophobia, perhaps an app such as Checky, which identifies how much time you spend on your phone, is the answer. OK, using your phone to stop yourself using your phone might sound a bit meta, but if you find yourself checking your messages while crossing the road/ ensconced on the toilet/during the 'will they, won't they' bit of First Dates, it might be time to reassess...



BY SOPHIE GODDARD. STILL LIFE DENNIS PEDERSEN





Mega Bloks selling for £10.40



Rocking toy selling for £39.83



Sky Hunter drone selling for £56.28



Peppa Pig soft toy selling for £9.89



Believe that no doesn't exist

GEMMA SHEPPARD is the queen of Saturday-night style. As the chief stylist behind *The X Factor* and *Britain's Got Talent*, she knows a thing or five about getting the top job

➤ Be your own shop window...

I'm creative and quirky, and that's reflected in the way I dress. The reality is, people make assumptions based on how you look – why not utilise that to make a killer first impression through your clothes? An outfit is a way of telling your story without having to speak, and of accentuating the best bits of your personality. You should never shy away from who you are.

Never, ever, forget a face...

Whenever I meet somebody new and they hand me their business card, I'll write a fact about them on the back to help me remember who they are and where I met them. Knowing little details about a person helps spark a conversation later.

Tell yourself 'no' doesn't exist...

Perseverance is key in any industry, but there's a fine line between persistent and pushy. If you approach a company and get rejected, there's no harm in sending out a follow-up email a year down the line to update them on what you've been doing to better yourself. I always appreciate receiving handwritten letters too – they show you've taken the time to craft a personal response, rather than firing off a copied-and-pasted email.

Confidence is vital for success...

If you're struggling to believe in yourself, identify where your problem areas lie and address them one at a time. I conquered my fear of public speaking after broadcaster Gloria Hunniford told me to imagine everyone I was talking to was a close friend. I chant



that to myself whenever I have to make a behind-thescenes or get-the-look video for *The X Factor*.

Display your talent on social media...

It's a great resource; a way of showing off your skills without spending much money. If you have an interest in fashion, start a blog or post on Instagram. I once noticed a fashion student after he tagged me in a mood board he'd created based on my style. It showed real initiative, and it spurred me on to get in touch with him to find out more.

GEMMA'S CV

2014-present: Style director for The X Factor and Britain's Got Talent

2009-present: Founded
SheppardStyle – styling
private, celebrity and
corporate clients, including
Dannii Minogue, Sharon
Osbourne, Tulisa, Ashley
Roberts and Tess Daly
1999-2009: Director for
Gucci Group's Boucheron,
reporting to Tom Ford
1994-1999: Sales
executive at Tiffany

1994-1997: Studied drama

at the Guildford School

of Acting

➤ Set a target and then move it...

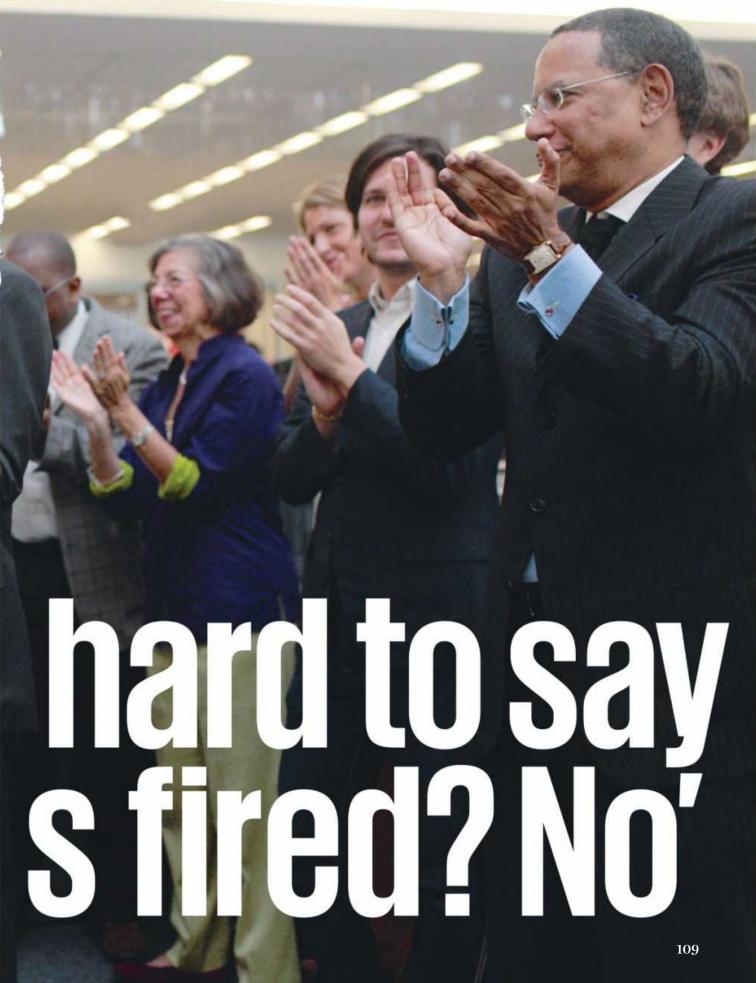
I always write down all my thoughts and ideas, because holding them in my hands makes them feel more achievable. Once you've put them on paper, they're halfway to being real. If you feel you aren't doing enough, start keeping a diary - you'll be surprised by how much you've achieved without realising it. All those small steps of progression soon add up - success rarely comes in leaps and bounds.



This photograph was taken the day

JILL ABRAMSON was appointed the first female executive editor of *The New York Times*. But 1,078 days later she was fired, in one of the most dramatic, headlinegrabbing dismissals of the century. Here she explains how to get ahead—and fight back

Sit





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JUST BLACK



'It can be a danger to define yourself by your job'

Boxing gloves

I knew I was being fired beforehand, but it went public on a Wednesday. My kids were upset, and the loudness of the coverage was surprising. So I arrived at my personal trainer's place, where I always went early on Thursdays, and he had these boxing gloves. He said, "You need this." I said, "Take a picture of me." I wanted to send it to my kids to show them I wasn't at home crying in a corner. Within a nanosecond, my daughter Cornelia had put it on



Instagram, and it went viral. The next morning, it was printed on the cover of the *New York Post*. It felt fantastic.

MEN VS Women

[New York Times publisher] Arthur Sulzberger Jr said he had problems with my management style. The issue of how women are viewed is interesting. [Political magazine] Politico did a hatchet job on me [she was called 'stubborn', 'condescending' and 'uncaring']. The silver lining was the reaction of other women. Female editors who I have never met sent me flowers after that article.

POINT OF PRIDE

When I was managing editor of *The New York Times*, the masthead (list of editors) was half women for the first time — and it was because they deserved it. I'm totally proud of that. A couple of times, I had to explain that to men. There was some surprise at the speed at which some women got promoted.

Rejection

The times I didn't get jobs I wanted, I remember being really crestfallen. I didn't get a job as [then US secretary of state] Cyrus Vance's speech writer in 1977 or 1978. But be careful what you wish for. It can be best to get passed over for a job, as there may be a better job out there. After that, I was hired into the election unit of NBC News.

NO SHAME Is it hard to say I was fired?
No. I've said it about 20 times. I was insistent that it be publicly clear as I was not ashamed. And I don't think young women should feel stigmatised if they're fired. Especially in this economy, people are fired left and right for arbitrary reasons, and there are often forces beyond your control.

TEARS

I did cry after reading the article about me in Politico. I don't regret admitting it. I think it's important to try to speak very candidly to young women. The most important advice I would still give – and it may seem crazy because I did lose this job – is that you have to be an authentic person. I did cry. That was my authentic first reaction. I don't regret sharing that.

TEACHING

I taught at Yale for five years while I was at *The New York Times*. What I tried to stress to students was that rather than picking a speciality, like blogging or being a videographer, they should master the basics of really good storytelling. Have curiosity and a sense of how a topic is different from a story, and actually go out, witness and report. If you hone those skills, you'll be in demand – those talents are prized. There is too much journalism right now based on people scraping the internet and riffing off something else.

ee you at breakfast

RASPERRIES

POMEGRANATE

NEW Special K Super Porridge LIVE IN COLOUR

Super Porrid

Grains,
July Brackery

Super Porrid

Grains,
July Brackery

July Br



) Pay days

My advice on getting a raise is what everybody's advice is: to become a confident negotiator - but that's hard. My admiration for women who are good at that is unbridled. Women in general have a harder time talking about money with their bosses. It's part of that syndrome, like you're so lucky just to have the job. Sheryl Sandberg [Facebook COO, pictured] has written brilliantly about this in her book Lean In. Men never chalk up their success to luck, but women often do. In my experience, men more than women brought up money and talked about it and pressed for what they wanted in terms of salary before they agreed to be promoted.

THE NEXT PRESIDENT?

I met Hillary Clinton in 1978. I was writing for a political-consulting firm and Bill was the firm's client as he was running for governor of Arkansas. I went to Little Rock to gather material. I was impressed that Bill Clinton had this very smart lawyer wife and Betsey Wright, a very brash woman, as his top political lieutenant. Later, I went to work at American Lawyer, and I relied on Hillary as a source. She was fantastic, friendly and helpful. But as First Lady and as a candidate's wife, she was sometimes angry at me and at some of the stories I wrote. Both [Bill and Hillary] have first-class minds, and that is a great building block for a successful presidency. I think he was a successful president, and I think she would be too.

HER POSSE

This is going to sound incredibly 'out of it', but I didn't read what was written about me and losing my job at the time. It was a survival mechanism. A lot of my friends [including *New York Times* columnist Maureen Dowd, pictured] were like

CHEER SQUAD

It helps that my husband and I have been together since sophomore [second] year at Harvard. Having him in my corner and my kids and my sister helps. My sister called me up after I got fired to say our father would be as proud of me that morning as when I got the job. That's sort of how you dust yourself off.

NETWORKING TIP

A lot of younger staffers just asked to meet me for coffee. There's a way to do networking that isn't overly brown-nosing. I was fine if someone just said, "I want to have coffee and talk about my career."

'I did cry. I don't regret sharing that'

SEXISM AT WORK

Of course, I experienced sexism early on. I remember being in story sessions, and so many times I'd have an idea and talk about it. Then the convener of the meeting would say, "And as Jerry was just saying..." and they would remember the idea as coming from a male colleague. I didn't pipe up. I did grouse about it with other women in the office, which in some ways is safer and more cowardly, but is also very comforting and kind of gratifying.

my medieval food tasters. They read, and if I really needed to know something, they would tell me. One thing I love is TheLi.st, an email group of professional women. I was a very big thread. TheLi.sters called me a badass, which is a cool thing in their view. And I'm like, "I am!" But, you know, it's a little dangerous to be a badass.



Todon't mind the word fired. I do not like the word former. It just sounds icky'

TOUGH CALLS

Sometimes the CIA or the director of national intelligence or the NSA [National Security Agency] or the White House will call about a story. You hit the brakes, you hear the arguments and it's always a balancing act: the importance of the information to the public vs the claim of harming national security. Over time, the government too reflexively said to The Times, "You're going to have blood on your hands if you publish X," and because of the frequency of that, the government lost a little credibility. But you do listen and seriously worry. Editors are Americans too. We don't want to help terrorists.



LEISURE TIMES

I now have time to read the whole *New York Times* print paper every day. It's great. I love it. I love the institution still. And I love *Girls*. Although I didn't love [Season 3]. Marnie had completely fallen apart as a character; Allison Williams is a good actress, though.

Kicking back

Since getting fired, I've watched every Yankees game, and I've gone to a couple of day games that I would never have been able to before. I've revisited a couple of novels that I read in school: *To Kill A Mockingbird* and *All The King's Men*. My dog, Scout, is relaxing company. I went to Greece with my sister and we went to museums in Athens, then just sat on the beach in Mykonos for a week and talked and read and laughed. I didn't have to worry about calling in to the news desk.

BEYOND WORK It can be a danger to define yourself by your job. I miss my colleagues and the substance of my work, but I don't miss saying, 'Jill Abramson, executive editor'. I was once told that a former executive editor of *The New York Times*, who knew he was going to stop being editor, made sure to get reservations at a particular restaurant because he was afraid after that they wouldn't give him a table anymore. That's not high on my priority list! •

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BATTLE THE DARK SIDE 15 HOURS LONGER*

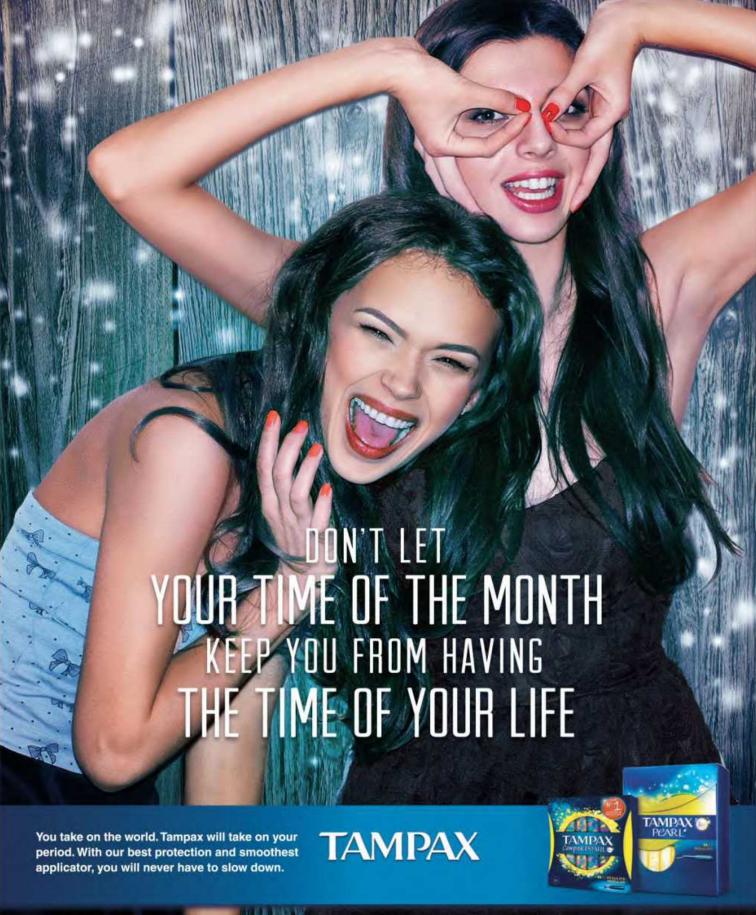


STAR HE FOACE AVANCES WARS





COMPILED BY LAURA CAPON



Procter & Gamble, Inc. 2014



122 · COSMOPOLITAN

Celebrity trainer JAMES DUIGAN has been getting the A-list in shape for over two decades. Here's the plan...

ou'll be familiar with his clients' bodies: Lara Stone's legs, Mollie King's waist, David Gandy's, well... everything, but you may not yet know James Duigan's name. He is the secret fitness weapon of the stars, a man who knows how to resculpt, tighten and transform entire body shapes with his specially tailored moves. Ladies, these are those moves...

Gliding lateral lunges

TARGETS Bum and legs

- 1 Stand with your feet hip-width apart on two folded towels (choose a slippery floor surface to allow the towels to glide easily).

 2 Keeping your core tight and your knees from
 - A keeping your core tight and your knees from caving in, slide your right foot out to a lateral lunge, then return to the start. Repeat 15 times on each leg. Expect it to hurt.



ENDS, NOT MY PERIOD.

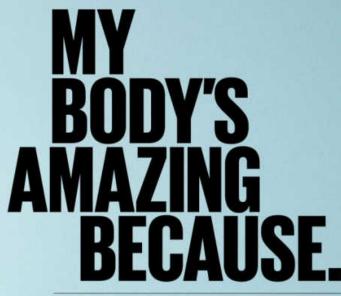
New* Always Ultra. Up to 100% leak protection.

Stay out till sunrise with new Always Ultra. Its super absorbent core has liquid locking gel, and gel can't leak. Remember, great stories don't happen when you stay in. Also available in Liners.

always







It's overcome cancer, says **BEVERLEY ROGERS**, 30, a financial assistant from Cardiff

am not the kind of woman you'd expect to get cancer. I exercise, I don't smoke and I try to stay healthy. Apart from those odd times when I've wanted to tone up or maybe lose a couple of pounds, I've always been pretty happy with my body.

But then, in 2012, things began going wrong. First, I suffered an ectopic pregnancy – an egg was fertilised in my Fallopian tube and I was rushed to hospital to have it removed. Then, my boyfriend at the time found a lump in my breast. I assumed it was due to the pregnancy and, because of my age, the doctor didn't think it was anything to worry about. I was referred to a

breast clinic as a non-urgent case, but didn't hear anything for eight months – other women were higher up the waiting list.

I was seen in August and got my results in September – I was diagnosed with breast cancer. Within three weeks, I had two operations to remove the lump and the lymph nodes in my armpit, and started chemotherapy and radiotherapy.

My life was on hold. I couldn't work, and it was so hard seeing friends get on with their lives. Taking steroids also made me gain 2st – coupled with my hair falling out, I felt like I'd completely lost my femininity. When my treatment ended, I had to learn to trust my body again. I decided to build my strength back up, and signed up for a 5K run a month after my last chemotherapy session. Next, I ditched my wig and showed off my new short haircut. It was a case of mind over matter; taking it step by step.

* For more feel-good inspiration, go to Cosmopolitan. co.uk/body Now, I've been in remission for two years. I have the same mentality as before, but I'm more body-confident than ever. I've come so far, and I'm still here. That's more important than worrying about the little things.



"PEOPLE DON'T UNDERSTAND THAT SMALL ACTIONS CAN MAKE A BIG DIFFERENCE" magine a world with no education, health or justice. In 2015 it might sound unbelievable, but this is the reality for millions of women across the world. That's why Special K and Ellie Goulding have chosen to support global campaign Chime for Change to #bringcolourback to women's lives – it's time to act now.

THE FACTS

It makes hard reading, but did you

know 66 million girls are missing out on school? Or that at least one in three women will suffer physical or sexual violence during her lifetime? Or that every two minutes a woman will die during pregnancy or childbirth somewhere in the world? "There isn't enough awareness about this; there isn't enough change," says Ellie. "And the change we've seen hasn't happened quickly enough, so I'm helping to move it on. I'm giving it a kick up the ass! And we need you to join us."

PHOTOGRAPHS ALISON WRIGHT; BRAC

HOW YOU CAN HELP

Pledge your support to #bringcolourback and join Ellie by posting a black-and-white photo of yourself on Twitter, Instagram or Facebook with the hashtag #bringcolourback. Share it with your friends, family and colleagues – and help us get the message out there.

THE PROJECTS SUPPORTED

To live in colour, women need access to education, health and justice. Together with Chime for Change, Special K has supported 23 projects in 18 countries, helping more than 20,000 women to achieve this. Projects such as providing 100 schoolgirls with free primary education in Peru – as well as daily hot meals to help them learn and keep their minds sharp. Or giving 300 female farmers in Tanzania life-changing agricultural training to combat chronic food shortage and help them feed their families.

Did you know thousands of Guatemalan women and children die every year from the negative health effects of cooking daily meals over inefficient, open fires? That's why Special K and Chime for Change support the organisation Trees, Water, People, which is building clean cookers that eliminate up to 80% of Helping provide clean cookers in Guatemala...

the toxic smoke, and giving them to women in rural Guatemala. See the full list of international projects, join the movement and take action to promote education, health and justice for women worldwide at Bringcolourback.co.uk. "THE WORK I'VE
DONE MEANS
I'VE HELPED
BUILD A
SCHOOL, AND
IT'S A JOYOUS
FEELING
KNOWING THAT
WOMEN ARE
GOING TO BE
FURTHERING
THEMSELVES"



Ellie's project: Streets of London

.. and vital resources

for women small-

holders in Tanzan

"You can become homeless very quickly," says Ellie. "But getting back into society and finding friends, a job, a place to live... that takes a lot longer. Being on the streets as a man is tough enough – people I've spoken to have been urinated on, kicked, beaten, jeered and laughed at. But for women it's even harder – they feel more vulnerable, not just from

the general public, but from others on the streets. Streets of London is helping to stop this, and that's why I'm working with them." Streets of London helps women like Anna (left) get back into work by helping them build their confidence, providing access to training and by being a constant helping hand on the journey towards work and stability.



Another happy morning in New Pampers Baby-Dry Pants



Move



Hat, £58, Bobbl



Jacket, £265, Woolrich

Base layers should fit snugly to ensure they work, so it's always better to go down a size than up. Bagginess = chilliness.



Because if you're going to crash head-first into a pile of snow, you might as well do it in style...



Water resistance is measured in mm, from 0 to 10K, and is listed on the care label. The latter means it's totally waterproof. 0? Not so much.



Snood, £22, Roxy



Jacket, £970, Moncler



Salopettes, £233, Perfect Moment



Hasthe WORDS biggest misogynist seen the light?

Manipulator. Master seducer. Messiah to legions of losers everywhere. Neil Strauss wrote the bestseller that gave the world's saddest men a heap of dirty, low-down techniques to manoeuvre women into sex. On behalf of those who hate the player and *The Game*,

Tanya Gold grills the man who thought he could 'neg' you into bed...



'negged'? that is, received a compliment with whiplash? Blame Neil Strauss. He is the author of *The* Game (2005), a book on how to manipulate women into having sex, in case the usual tactics - kindness, charm, sincerity? - do not work. He infiltrated the community of pick-up artists (PUAs - this world is full of acronyms because it is full of men) in California (where else?) and quickly became a master of seduction with a stupid fake name - 'Style'. I'm tempted to call him Style throughout this article, but that would be unfair. He's definitely a Neil.

Neil claimed that The Game was not a guide to becoming a PUA, but rather a cautionary tale. It opens with star PUA 'Mystery' (real name Erik) having a nervous breakdown and ends with Neil leaving the PUA world for a monogamous relationship with a hot blonde (obviously). Even so, it inspired a generation of men to 'neg' (either 'shotgun' or 'sniper', I never learnt the distinction because I do not care) 'to peacock' (to wear clothes that will inspire a conversation), 'to sarge' (hit on women), 'to freeze out' (to sulk) and to call being in love with one woman 'one-itis'. He has glum moments of clarity - 'It wasn't a lifestyle; it was a disease' - but Neil loved being a PUA. Whatever warnings he carefully inserts into The Game he adored it. He shaved his head, grew a goatee and bought

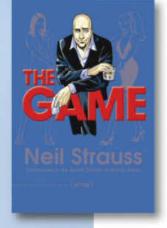


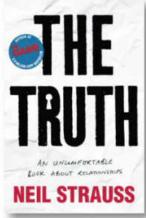
a purple fur vest in a Montreal lingerie shop. He 'closed' on a threesome. He had pursued women called 'Brunette, 9' or 'Blonde, 10' and stole a woman off a celebrity I have never heard of.

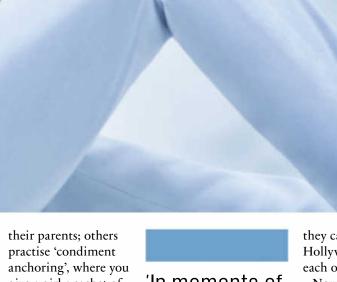
This is world of fake tits and men called 'Rasputin' and 'Papa' practising 'ménage-a-trois management' and reading books called Seduction Begins When The Woman Says No. (Sample line from PUA guru Steve P: 'We're going to reframe you to where you're not glad to have some boopsy suck your dick. It will be a privilege for her to get to drink from the nectar of the master'.

That said, *The Game* is, if you have a sense of humour, very funny – but

not intentionally. Basically, the nerds get sexualised and pretend they are at war and women's bodies are the battlefield. Imagine all the nerds you have ever met with gym bodies and good haircuts, dressed like Las Vegas circus performers and carrying pre-memorised pick-up lines hitting on women en masse and retiring to chat rooms to discuss the results, and you have The Game. The PUAs fight and steal each other's schtick - at one point 'Style' acquires an acolyte called 'Stylechild'. The same women are approached by PUAs with identical lines, which must have been bewildering for them. Many PUAs live at home with







practise 'condiment anchoring', where you give a girl a sachet of ketchup, having no other gifts to hand. Some of them are gay. Some of them have limited self-awareness: 'T'm a child robot, a sex robot and an entertainer robot,' says Mystery, a thwarted magician,

whose goal in life is to find two 'young bisexual women' and 'train them to become strippers, girlfriends and, eventually, magic assistants'. They ended up an LA mansion

'In moments of crisis, he asks, "What would Tom Cruise do?" they called Project Hollywood, hating each other.

Now Strauss is back with a sequel The Truth. I am invited to interview Neil by telephone in California (he is American) to discuss what I suppose is his contrition. The Truth tells you everything

the perceptive reader already knew when reading *The Game*: that Neil is a sex addict; that PUAs fear women more than they desire them, and that artifice is no way to woo an intelligent adult woman for any longer than 15 seconds. It is testament to *The Game*'s idiocy that the most emotionally healthy person in its pages is, of all people, Tom Cruise, who Neil interviews for *Rolling Stone* magazine. 'So, you got tired of picking up women?' Cruise asks Neil near the end. When told yes, Cruise says, 'Those things are a false intimacy.' In moments of crisis, Neil asks himself, 'What would Tom Cruise do?'

The Truth follows Neil into sex rehab, after which he relapses catastrophically and attends the World Polyamory Association conference, which features naked rabbis and people who live in what they call pods. Like whales. He doesn't find it sexy – and they wouldn't let him eat popcorn in the sex room. 'I've done some desperate things in my life to get laid', he writes, 'But I've never faked a spiritual belief. He tries swinging, but takes GHB [a drug] and passes out at an orgy: 'I feel vanilla', he moans. 'So fucking vanilla'. So he attempts, again catastrophically, to form a polygamous relationship with three women in San Francisco, advised by a Polygamy expert called Pepper (Mint). 'Bringing lovers together can evidently be like introducing cats; he writes, but the cats didn't want to share him: 'Man, monogamy was better than this?

At one point in the book, he's at an orgy, and one of the women is >

non-compliant. 'I've been trying to rule by consensus', he writes, '[but] these girls are looking for a daddy. Maybe it's time to step up and be that daddy. Not the abandoning daddy or the enmeshing daddy, but the functional daddy with a sense of what's right'. He sends the non-compliant one away. By this point I hate Neil Strauss, and however much he claims to hate himself, that isn't enough for me.

It is OK in the end, though. He returns to his true love Ingrid, a woman who once won a rock paper scissors championship, and marries her. Now they have a baby called Tenn. (Even the baby is a 10). It is a fairytale in which our hero is led out of the forest of bad shag littering condoms as he goes; Ingrid's mane of blonde lights his way.

I suppose I am expecting a PUA – direct, dominant, like Steven Seagal or Donald Trump, with a bone-crushing handshake of a voice – but Strauss has a thin, rather delicate voice; he sounds nervous. Maybe he has heard I am a Feminist, rather than Angry Brunette, 6, or maybe 5? Or maybe is the one used to doing the interviewing. He got a great interview from Britney Spears by using his PUA techniques to get behind her 'bitch shield'. It ended with her howling, "You need to save me!"

First off, he won't tell me how old he is. "I never say," he insists, "but mid-forties would be fair." When I ask him why he won't say, he hints that he's afraid of identity theft. I think its vanity – or maybe fear of commitment leaking out, even it is rather extreme not to commit to an age. But when I ask how he feels now about *The Game* now, he instantly says, "My feelings are just negative. There are just so many horrible people doing horrible things, it's tragic."

Are you sorry you wrote it? "Of course not," he says sharply. Anything he "truly" believes at the time is "the right thing. I would only be sorry if I felt it was inauthentic. I can never



be sorry I wrote anything". But he can't read it now.

Are you sorry that you hurt people? Who did I hurt, he asks me, baffled. Er, maybe the women you seduced with Neuro-lingustic Programming (NLP); with condiment anchoring; with the stupid vest.

"I don't think so. I don't know," he says, and insists that one of his best friends is a woman. So what? He does admit to hurting one person who, "really, really, really wanted a relationship and it wasn't something I was capable of."

Looking back, Neil confesses that he got into the PUA community because women he liked "didn't like me back," due to his bumpy nose and bad hair: "wispy Rogaine-enhanced growths covering the top of my head like tumbleweeds." He thought the PUAs had the answers, but I find it very difficult to believe that anyone – particularly someone who used to work

for the New York Times - could be that stupid. I wonder if Neil is such a committed, if gauche, journalist, he did it for the book; maybe he doesn't even know that he did it for the book? "I'm 100% here for me," he says in rehab, when asked if he intends to write about it. But he still took notes, unless he has 100% recall, which I doubt.

A disturbing family background emerges in *The Truth*. He claims his father has a sexual fetish for the physically disabled, specifically amputees and that when his mother found out, she didn't confront her husband. Instead she confided in the teenage Neil. "Never grow up to make anyone as miserable as your father makes me," he claims she told him. "Your dad has ruined me. You know he could only get it up twice: once for you and once for your brother."

Neil believes his "narcissistic" mother and "distant, unemotional" father are both to blame for his sex Your mom wants to be in a relationship with you...'

Below: Strauss on Jared Leto's TV show *Into The Wild* in 2014. Bottom: he attempts to 'pick up' Jessica Alba on US chat show *Jimmy Kimmel Live!* in 2006





addiction. He writes that his mum grounded him in high school. She wouldn't let him go on his first-ever date. She cut off all contact when she disapproved of his first girlfriend. In rehab he is told, "Your mom wants to be in a relationship with you. It's called emotional incest."

It appears that most of the leading PUAs had narcissistic mothers, about which Neil has this to say: "When you lose your childhood to an overbearing mother whose needs are more important than yours, the last thing you want is to be dominated by the feminine again. I think that leads to the sort of pathology that causes one to play games of power with the opposite sex."

Even Hugh Hefner, the founder of *Playboy*, whom Neil used to admire, he now pities. I suppose this is progress. "Still doing it at 73?" he tuts. "It's an unhealthy compulsion. And by the way, when I interviewed him, he was the same. He was enmeshed by his mom, who was also physically distant. He's still acting out – at this age, still acting out his, you know... stunted childhood."

So you – I mean the PUAs – fuck women because you hate your mothers? "Exactly," says Neil. Later he emails me to clarify his remark. "The truth is that many of them come in with different complexes," he says, "By and large, though, the ones who come to it due to unresolved mother issues generally feel overwhelmed, or engulfed, by their mothers. Hatred would be too strong a word."

Do you think your mother will read the book? "Probably," he says. What do you think she's going to do? "That's up to her. What's important for me is just telling my story, because it's my truth and that's part of the healing. And I think I've kept secrets for so long that a lot of people will read the book and think it's brave; like, 'Oh, it's about time.'" Neil also says that while he was in rehab, his

mother refused to attend his group therapy and instead she suggested he hire some actors to pretend to be his parents.

Neil is harder to dislike on the telephone than he is in print; he's timid and he speaks the language of therapy. There is none of the insanity of his books. When I ask him what he would say to neg me, he can't do it. Even so, it's impossible to tell whether I'm being 'gamed' – he was a master PUA, after all. And if I am, is he even aware he's doing it?

At the end of our conversation, he asks Ingrid to speak to me, so she can tell me what she thought when she first read *The Game*. "I looked at him and I just thought he had a big heart," she says. "I really liked his heart. He was very vulnerable."

Even so, I can't help feeling his contrition is quite self-serving, related, as it is, to a big new book. And I do feel for his parents. Whatever happened between them and Neil – and I do not know, and I do not know whether what Neil has written is true – is there no better way for Neil to deal with it than to send a juggernaut of a book towards them? Maybe nothing is real for him without a book? He got sick and profited; he got well and will profit. He is, essentially, the American Liz Jones.



BEHIND THE SCENES

Tanya Gold is a columnist and feature writer for The Sunday Times and restaurant critic for The Spectator. She sleeps by

day and eats by night, like a vampire covered in Biro marks. She likes her steak rare.

"When I read *The Game*, Neil Strauss's homage to pick-up artistry, I loathed him, mostly due to the fact that it contains lines such as 'Her ass is a 10.' But when I interviewed Neil for this feature, I hated him a little less – partly because he let me listen to his baby gurgle down the telephone. So he is at least partially redeemed..."

Side-step the glitter and clad your face in something a little more luxe this Christmas

STYLING Shelly Vella

WORDS Ingeborg van Lotringen

PHOTOGRAPHS Elisabeth Hoff

f this Christmas's crop of new makeup is anything to go by, 'tis the season to dial down the sparkle and instead indulge in textures akin to the chicest of fabrics. Silk, suede, vinyl, velvet and mink (not real mink, obviously) are all vying for position on your face – but how should you use them to effortlessly chic, head-turning effect? We asked the experts to tell – and Laura Whitmore to show.



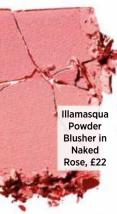
"For 'uptown-chic' skin, select a creamy foundation that features words such as 'satin' or 'radiance' in the name," says makeup artist Daniel Sandler. "Contour and highlight with shades that are just slightly warmer and paler respectively than your base. Make tones complement your skin. But bear in mind that going for cool-toned shimmer on warm skin or warm contour against cool

skin veers into TOWIE territory!"

"As for eyes, minky-brown and mushroom hues suit all skin tones," says makeup artist Harriet Hadfield. "Use different textures to create dimension and invest in a good nude palette with matt and sheeny options. Nudes don't have to be brown: rosy hues on eyes, lips and cheeks flatter pale skins, while plums look amazing against olive and dark skins."









Gossamer cheeks

"The sheerest hint of blush should go where your skin naturally flushes, which is NOT on the cheek apples," says makeup artist Luke Stephens. "Pick up a little powder blush (it has the most staying power) with an angled blusher brush, dusting it just past the apples and up and out towards the temples. Go with a colour that

balances your skin tone: if you flush pinky-red, a peach tone is best. A blue-based pink looks delicate and fresh against more yellow-toned complexions."

Velour lips

"Matt lipstick conveys cool, understated chic; you look as if you've made an effort even if you wear nothing else," says Harriet. "Apply it with a round-edged lip brush in thin layers, blotting in between to ensure staying power. Or opt for a matt liquid lip paint. These feel light and hydrating but set on the lips, providing opaque, velvety coverage that lasts forever."

Chanel
Rouge Allure
Velvet
Luminous
Matte Lip
Colour in La
Merveilleuse,
£26

Bourjois Rouge Edition Velvet in Fu(n)chsia,

£8.99

Velour
Lovers Lip
Colour in
Naked
Nude, £22

Bagsy Lip Velvet Soft Matte Lip Colour in Spinning Plates, £12 L'Oréal
Paris La Vie
en Rose
Color Riche
Lipstick in
Naomi,
£6.99 >

PREVIOUS PAGE: BODY, ZEYNEP KARTAL, EARRINGS; RING, BOTH MARIA FRANCESCA PEPE. THIS PAGE: BLOUSE, PAUL & JOE. NECKLACE, LAURA WHITMORE X DAISY LONDON. EARRINGS, TOM SHOT AT CADENZZA









volume





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Ultimate Hold Hairspray

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"For perfect molten metal eyelids, mix a metallic pigment with a makeup mixer to turn it into a shiny paste [try Mac Mixing Medium Shine, £16] and paint lids with it," says Harriet. "Alternatively, you can opt for a liquid metal or a wet-to-dry eyeshadow with a pearl (not shimmer) finish; both set to the skin for a long-lasting gleam."

"For lasting high shine, opt for a thick lipgloss that's on the sticky side, containing waxes as well as oils or the emollient polybutene," says Daniel. "Intensify the colour and stop it absorbing into the lips by filling them out with a pencil in a similar shade first."

1 Dior Addict Fluid Shadow in Univers, £25 2 Nars Dual-Intensity Eyeshadow in Telesto, £21 3 Mac Patentpolish Lip Pencil in Innocent, £17.50 4 Too Faced Melted Metal Liquified Metallic Lipstick in Debutante, £19









Vinyl touch

"Glossy liquid liner and mascara really bring a sparkle to your eye," says Daniel. Try a shiny slick of Givenchy Liner Vinyl Brush Tip Eyeliner in Black Vinyl, £23.50, and team it with Lancôme Hypnôse Volume-À-Porter Mascara, £22.50 – its latex-based formula ensures flexible lashes

e sheer aren't mutually exclusive, this is also oil-free and packed rf, with vitamins.

with a vinyl gloss.

3 By Terry Cover-Expert Flawless Velvet Radiance Fluid Foundation, £45 Max coverage without the cake, thanks to whizzy 'camouflage micro-pigments and soft-focus prisms'.

4 Temple Spa
Velvelutto Velvet Face
Base, £30 A creamy
powder, it smooths
in seconds and uses
skin's pH to adjust
to your skin tone. ◆

WIDLIFE

Stop with the straighteners, refrain from relaxing and cut out the curling: it's time to start embracing (and loving!) your natural hair...

Perfect hair is so last year, and together with OGX, we are on a mission to make you love your locks for exactly what they are. The key is to stop fighting for perfection and start embracing your hair instead, using an effective blend of products that will enhance its one-of-a-kind character. OGX boasts a range of exotic ingredients that has every hair need covered, so we decided to put the got-it-all brand to the test by roping in four very different girls. Ebba, Kovi, Deanne and Izzy couldn't present much more

diversity when it comes to hair type – from tight spirals to sleek and straight – but they've got one very clear thing in common: they wear their style with pride.

So are you ready to fall back in love with the hair you were born with? We defy you not to feel inspired...

Available from Boots, Superdrug and supermarkets nationwide, RRP £6.99* – Ogxbeauty.com. Visit Cosmopolitan.co.uk/ogx for hair tips and secrets.

SLEEK & STRAIGHT

"My hair has felt silkier, sleeker and a lot more manageable with OGX Kukui Oil. After using the spray serum, I can sleep with it damp and never have to worry about waking up with frizz."

EBBA, RADIO MEDIA PLANNER



"I love the feel of OGX Argan Oil Of Morocco in my hair as it gives it a softer feel and bounce."

KOVI, MODEL



BLONDE **POWER**



"OGX Lemon Highlights Shampoo keeps my hair looking beachy and sunkissed all year round, with lots of natural bounce."

COOL & CURLY

"The Coconut Water Shampoo is light and soft, and has a great smell. Conditioner is my No.1 product - a good one is a make-or-break for curly hair. OGX Coconut Water Conditioner is gorgeous – it's soft, smooth and isn't over-heavy on my curls."

IZZY, FIELD SALES ASSISTANT

THE SECRETS BEHIND THE HAIR



KOVI USES... OGX Argan Oil Of Morocco range - and her brother's afro comb for volume



EBBA USES... OGX Kukui Oil range, and keeps the oil spray in her handbag for touch-ups



DEANNE USES... OGX Lemon Highlights range, and a sea-salt spray for extra texture



IZZY USES... OGX Coconut Water range, and dries her curls with a T-shirt for less frizz

To WIN a range of OGX products, please follow @OGX_beauty_uk on Instagram and post your #ogxgreathairdontcare selfies"

Freedom, flexibility and answering emails from the beach. Sound good to you? Here's Hosts meetings from a **HAMMOCK** Swapped spreadsheets for SUNSETS Commute is a **STROLL** on the beach

how to join the new rich where real wealth means more than wearing a Rolex...



he view beyond the bamboo decking of the Hubud bar is particularly good on a Monday afternoon especially when accompanied by a cold Bintang beer. Mist rises from the neighbouring Balinese paddy fields like steam from a hot crumpet. Beside me, a tanned, bearded hipster type lies in a hammock, quietly contemplating the scene before us from behind his jamu juice (the turmeric-laced drink of choice for most of the hip, twenty-something crowd here). Behind us, a quirkily bespectacled girl from Portland is swatting mosquitos from her ankles and loudly deliberating whether to spend the next hour getting a £5 massage from Star Child along Lotus Lane. The hipster suddenly gives Portland a semi-apologetic glance as he raises his iPhone 6 to his ear; he's taking an urgent call from an investor in San Francisco.

As for me, I've got a 3,000-word story to file to a cranky editor in London by 10am GMT, one hour from now. After that? Who knows. I might join Portland and get a massage. Or make the afternoon yoga session and stretch away the day's stress alongside tech start-up teams from Silicon Valley, Amazon millionaires, freelance web engineers, graphic designers – hey, perhaps even another writer. While it may not seem



like it, I'm at the core of one of the most industrious zones on the planet. Ambition is like fever here – you can smell the simmering plots and plans in the air, and practically taste the frustration and opportunism in every bar and organic cafe.

The epicentre of this creative and technological hotbed is Hubud (that's hub-in-Ubud, the Balinese town to which the new rich flock), a bamboo co-working space with speedy WiFi, standing desks and Skype-conferencing facilities – oh, and a poolside bar. Working hard and playing hard has never looked quite this exotic before. The *Eat*, *Pray* Love hippies haven't entirely vacated the premises, but a new tech-savvy, fiercely driven demographic have taken over Ubud, drawn here by the beaches, the beauty, the cheap bungalows and the dream of a yoga-hewn, superfood-filled healthy body. You'll find similar co-working spaces and communities across the globe, in places such as Chiang Mai, Tulum, Berlin and Budapest.

A SIDEWAYS CAREER MOVE

'Digital nomads' is what economists like to call us, the under-35s who buy into the promise that technology can liberate workers from desks and lengthy commutes. We are letting our rampant wanderlust peacefully coexist with our equally rampant ambition.

"Put simply, we want the freedom, as promised by technology and the mobility of social media, to arrange our professional lives around our personal lives, rather than the other way round," says Zoë Lazarus, a forecaster at trend-identifying agency Lowe Counsel.

The idea of slaving for 12 hours a day, 48 weeks of the year to afford a fly-and-flop in the south of France seems ludicrous in an age where you can run your own business from your laptop at a beach hut in Bali and surf every morning. We want a life filled with the sort of rich experiences that our parents used to see as a far-down-the-line reward for a lifetime of work. We are the 'new rich' – a class of young professionals who've seen the corporate world and then stepped sideways, because we're just as greedy for experiences as previous generations were for cars. The unspoken mantra of the digital nomad? Every working day should have at least one Instagram-able moment in it. If we're not managing that, that's failure.

Don't get me wrong – nobody here is a slacker and nobody here

The 'new rich' lingo

Here are the phrases to listen out for during your first day at a laptop-filled beach bar...



"So, I'm just back from a digital detox and I think I have to declare email bankruptcy." **Translation:** "I just spent a few days off-grid, and

now my inbox is so swelled with unread emails that a mass-delete is the only way forward."

"I just think Slack is more our style than Google Hangouts."

Translation: "Of all the online collaboration software available, Slack has the most appealing interface and is the virtual office that our start-up will be most comfortable in."



"Gross, I just got chatted up on TaskRabbit. Do they think this is LinkedIn?" **Translation:** "When connecting with potential clients via a digital

freelance marketplace, I received some unwanted attention."

"My company was BYOD and flexi, so it was only a matter of time before we binned the B&M and went location-independent."

Translation: "My company had a bring-your-own-device policy and encouraged flexible hours, so the next step was leaving a bricks-and-mortar office and letting us work remotely."

is a trust-fund kid. The bible for many digital nomads is Timothy Ferriss' *The 4-Hour Work Week*, his best-selling manual for how to escape the 9-to-5, base yourself anywhere, work more effectively and join the ranks of the new rich. Most Hubudians laughingly refer to the book as the *The 40-Hour Working Week*; few of us have managed to slash our working hours that dramatically.

In my case, the time difference means that work emails are still pinging into my iPhone at midnight – after all it's perfectly possible to screw up your work/life balance in Bali too. What we new rich *have* gained, however, is freedom and flexibility; the right to earn money on our own terms.

PUTTING LIFE BEFORE WORK

"The way we see work is changing," says consultant Julia Hobsbawm, of networking company Editorial Intelligence. "More people are putting a positive work/life balance as their top priority, above accumulating wealth." There's a pervasive sense that conventional workplaces and big corporations are inhospitable, unhealthy environments.

For years I worked long hours as features editor on a fashion magazine in London, barely seeing my boyfriend – or daylight – and feeling less creative by the day. On paper, my career was a success, but it didn't feel that way. And with the average house price in London hitting £459,000 in 2014, the dream of owning my own place still felt far off. And so I did the most ambitious thing I've ever done: I quit.

I wanted to dedicate time to writing a book. I wanted the flexibility to spend more time with my family in Ireland. I wanted to volunteer more often. And, most of all, I wanted the freedom to work from a beach hut in Bali for a month if I pleased (which I did, for six months); to travel around New Zealand in a

Indulge in Real Belgian Chocolate and Baileys®



BEST PLACES TO JOIN THE NEW RICH

Tempted to start all over? Nomadlist.com rates the world's top cities to do it in



LAS PALMAS, GRAN CANARIA, SPAIN

AIRBNB APARTMENT: £570/month
CO-WORKING SPACE: £150/month
RESTAURANT MEAL: £3

PINT OF BEER: £1.50 CAPPUCCINO: £1.80

OVERALL NOMAD SCORE: 100% It is also rated 'good' for quality of life and being female-friendly.



BUDAPEST HUNGARY

AIRBNB APARTMENT: £306/month
CO-WORKING SPACE: £289/month
RESTAURANT MEAL: £2.34
PINT OF BEER: £1.17

CAPPUCCINO: 78p
OVERALL NOMAD SCORE: 97%

The buzzy nightlife scene makes it great for a younger networking crowd.



CHIANG MAI, THAILAND

AIRBNB APARTMENT: £316/month
CO-WORKING SPACE: £44/month
RESTAURANT MEAL: £1.10
PINT OF BEER: 54p
CAPPUCCINO: 40p

CAPPUCCINO: 40p OVERALL NOMAD SCORE: 99%

Scores 'great' for a low cost of living and safety, but the nightlife is quiet, and internet access could be better.

campervan (which I did for 30 days), filing copy from internet cafes and celebrating the end of each day with a swim or a surf, not a hastily gulped glass of wine.

The 'sideways career step,' as I call it, is becoming a more and more common manoeuvre among ambitious young professionals – people who find themselves creatively frustrated in a mid-ranking role, fed up with a desk-bound lifestyle that feels increasingly unhealthy, or simply disillusioned with a corporate world.

WORKING REMOTELY

Obviously, as a freelance writer, my career is more portable than most, and I've always felt that freedom is my greatest career

asset. But increasingly I'm sharing co-working spaces and 'coffices' (coffee shops that double as offices) with CEOs, consultants and designers – professions that would previously have meant inflexible hours and a desk-bound existence.

Collyn Ahart, 33, remembers the exact moment she realised she needed to escape London. She had spent the previous two years establishing a fashion start-up, Bowndling Adventurewear, while acting as a consultant for brands to pay the bills. "I was paying £900 a month to rent a tiny room in a shared flat in east London, I'd put on 21/2st in two years from a combination of stress, poor eating and spending 18 hours a day in front of a computer, and I barely saw my partner, a professional cyclist who lives and trains in Spain," she says.

"I was struggling financially, and realised I was paying a premium to launch a start-up in London – did I really need to be in the city?" Today, Collyn is talking to me from the San Juan Islands in Washington state, where she's spent 10 days visiting family while working remotely. But she's based in Girona, Spain, a small city at the base of the Pyrénées with a local airport and high-speed rail direct to Barcelona.

"Today, I wake up almost every morning with my boyfriend rather than a WhatsApp message from him, and that feels right," she says. "We pay just £400 a month for a beautiful two-bedroom apartment in the heart of Girona – if we Airbnb our spare room, this covers our rent entirely. And it's remarkable how much more motivation and focus I have after waking up to fresh air and the sound of birds, rather than sirens and the constant fear of running out of

time or money."

Portable careers take many forms. Some, like Collyn, are entrepreneurs who realise they can run their businesses remotely, saving precious funds (particularly pressing in the case of micro-businesses and start-ups) and clawing back some semblance

of a work/life balance, purely by quitting a capital city. There are those travelling on a work-as-you-go basis, advertising their digital services through platforms such as freelance marketplace Upwork and moving on from one Thai beach shack to the next. There are entrepreneurs and investors who fly entire start-up teams out to Tulum, Chiang Mai or Ubud to launch their company there, Airbnbing a bamboo villa, hiring a raw chef and a yoga instructor, and brainstorming in style.

And there are people like me, who spend three to six months of the year based somewhere new and exciting, so I can live a different lifestyle before heading back home. This winter, >



I'm spending three months working on a book in LA, and Airbnb has essentially allowed me to swap my room in Hackney for a studio in Echo Park. When I land, I'll use Citymapper and Uber to get around, and I've already crowd-sourced a few work buddies over Facebook and Twitter. It's never been easier to try on another city for size.

"The fact is, you can be designing for a client in London or coding for a client in New York while swinging from a hammock in Jamaica,"

says Hayley Conick, UK and Ireland country manager of freelance-networking website Upwork.com. "It's a win-win situation: businesses get fast access to quality talent and skilled freelancers enjoy a more independent, flexible lifestyle."

A few years ago, if I'd told editors I was shipping out to Bali for a few months, they'd have assumed

'It's never

been easier to

try on another

city for size

I was off to get stoned on a beach somewhere. That's changed. Today, employers, clients and investors are starting to realise flexibility boosts creativity and productivity, rather than allowing us all to slack off.

"Now I have zero commute and I've become ultra-efficient, getting the bulk of my work done in the

early mornings when my brain actually functions," Collyn agrees. "Then I have the rest of my day to go cycling or hiking in the mountains, or head to the local market." Running a start-up means Collyn might not be wealthy in monetary terms just yet, but her lifestyle looks outrageously rich from here.

Our parents sold themselves on long hours for the dream of retiring at 50 to sail around the world, or owning a five-bedroom home in the country. But these

things are about as real as unicorns to most people born after 1980. And many of us watched our parents bust a gut their entire lives, only to see their hard-built businesses collapse or be made redundant in the aftermath of the 2008 recession. Money hasn't lost its shine, but we want to earn it on our own terms – doing something we care about, in surroundings that suit us. And perhaps accompanied by a cold beer.





Chloe Gibbs,

swapped punishing hours as a nurse in London for life as a hotel owner on a tranquil Brazilian beach



"At 23, I was a nurse in London working in children's

brain surgery. Although I loved being a nurse, I always wanted to do something more creative. One morning, after a long night shift, I got home feeling slightly broken. While snacking on nuts

at my world map kitchen table, I closed my eyes and tossed a nut in the air. I vowed wherever it landed, I would go. That peanut landed where my eco-hotel Butterfly House now stands.

"I put my house on the market the next day and bought a one-way ticket to Brazil and a small patch of land on the coast. I spent six years building the hotel, camping on the beach so I could be up at dawn to start work. It was a crazy time, but I'm so proud of what I've achieved. Starting from scratch sends your creativity into overdrive.

"Today, life has no routine. I live in a basic beachfront shack for a tenth of the price of rent in London. I do miss England. But I have truly submerged myself in someone else's beautiful culture and become a better, happier person for it.")





below, one of her bags

Left, Katie's

view in Bali:

Handbag designer **Katie Smith** ditched England for a Balinese beach - and made a fortune doing so



"My sister Millie and I founded our fashion label Angel

Jackson 10 years ago, and in 2008 Millie moved to Bali to oversee production and sampling. Indonesia has an amazing leatherwork tradition and by establishing our workshop there we could produce in small quantities using sustainable methods. A couple of years ago, it struck us we could run the entire business from Bali, so I moved out here in 2013, closing our London showroom. I was ready for a better work/life balance, I craved blue skies and London was expensive.

"At first, the language barrier, dreadful internet and time zones were a challenge, and it took perseverance to get the workshop producing at the standards we needed, but it's paid off. Bali is a creative destination and we meet so

many photographers, stylists and designers. We start the day with an early-morning surf, yoga or Pilates session followed by our breakfast meeting at a beach cafe, with production managers, sample makers or sales and marketing. We often take our laptops to the beach and work there. Our lifestyles are better. We can eat amazing Balinese food at a local cafe for £1, massages are £5, and we can even afford a cleaner.

"But the real surprise is how much more effectively we work. We've brought down costs, centralised the business, and now we focus on creative collaborations. Angel Jackson is becoming a cult brand in Asia. We can fly to Shanghai for a meeting on a Monday and be back on the beach by Tuesday. Millie and I made the right decision moving here. We are sisters, best friends and business partners. We've always made up the rules as we go along!"

Katharine Simpson left gruelling London hours behind for

a laid-back life in Aarhus, Denmark



"I'd always wanted to live abroad. so when my boyfriend

(now husband) got a job in Denmark, I felt it would be an adventure to discover somewhere new, from cultural Copenhagen to beaches and forests around Aarhus. I've been able to fulfil a career goal of working internationally (I run a non-profit arts organisation across four Nordic countries). Being an outsider makes you more entrepreneurial – you've got to put yourself out there, or start your own project.

"In Denmark we have a healthier lifestyle, spending less time in the office and more time in the forest and on the beach. Cycling is the usual way to get around, whether you're a student or a CEO. Denmark is expensive - £9 for a glass of wine and, at first, we could hardly bear to buy anything. We pay high taxes – 47% – but you get a lot back, such as a reduction on our home loan, a travel-to-work subsidy. cheap public transport, and affordable childcare (a quarter of the UK price).

"Danish society is built around the family and employers understand that if you have a kid, you leave at 4pm to pick them up. My son is two and has excellent childcare around the corner. If I'm still at work at 5pm people comment on my 'long hours'. A change from when I lived in London and regularly worked past 7pm! My husband and I are passionate about our work, and I don't know if we could have had a child in the UK without one of us compromising our careers. We certainly wouldn't be contemplating a second one."

Katharine enjoys a more familyfocused lifestyle in Denmark





BEHIND THE SCENES

Anna Hart Cosmopolitan contributor

"This feature idea actually came from my own experience of having ditched my day job to travel the world and work at the same time.

I used to sit behind a desk and interview people for stories; now I'm living the life I write about."







Ever feel like vou're being Weighed up?

What happens when Grace Victory, 25, a plus-size fashion and beauty blogger, takes this season's catwalk trends to the streets?

'm walking down Oxford Street in London on an unseasonably warm autumn afternoon – but it's not just the sunshine I can feel beating down on me. One young man stares and furrows his eyebrows; an elderly gentleman turns, frowns and tuts. I ignore it, until another man in a red T-shirt actively diverts from his path, leans right in towards me and whispers, "It's not your body, love. It's mine."

I'm in the busiest shopping district in what's regarded as one of the most liberal cities in the world. Turn any corner and you're likely to see women with multiple facial piercings, and young men with artfully crafted 'man buns' or frilly socks worn with open-toed sandals. Nobody bats an eyelid. What have I done wrong? I'm wearing a bright, off-the-shoulder, bodycon dress – the sort you'll see on any woman across the country on any night of the week. The difference? I'm not size 10-12.

Curve or plus-size models (and believe me there's a real debate going on about what we even call ourselves nowadays) are having a fashion moment. Ashley Graham, Tess Holliday and Robyn Lawley are the top models on the block – featuring in designer campaigns and on the front covers of fashion magazines. London recently hosted its third plus-size fashion week and even the prestigious Pirelli calendar has featured a plus-size model within its glossy pages – the gorgeous Candice Huffine.

But here's the thing – the plus-size love hasn't filtered down into wearable clothes for those of us who are bigger than a size 14. (And by the way, 16 is now the UK's average dress size.)

I'm a curve model, body-confidence campaigner, and beauty and fashion blogger. I *love* clothes and try to keep on top of the trends each season. But I don't just want to *look* at them; I want to wear them too. So why is it



still a constant uphill struggle to find the fashionable outfits I want in my size? On the high street, I go to River Island, H&M and Topshop, but only for coats and boots as I never know whether their other clothes will fit me. Otherwise, I head to Asos – its sizes do fit me.

Taking refuge online

Frustratingly, this emphasises just how much plus-size women are pushed into the virtual world for their shopping experience, rather than being able to try on clothes in actual changing rooms like everybody else. In an ideal world, all high-street shops would stock bigger sizes, and we wouldn't have to rely on stores such as Simply Be or Evans. It's not just about having clothes that fit, it's about taking it a step further and finding items that look great and are fashionable too.

I've always been big and can't remember a time growing up when I wasn't aware of my size. When I was 12, a boy at my dance school lifted up my hoodie and pointed at my belly, laughing. For a long time, I hated the way I looked, and by the time I was 18, I had been through a crippling cycle of eating disorders, which saw me throwing up, starving myself and binge-eating. It's taken years of self-love and counselling to make me



finally appreciate my body and to embrace the stretch marks and cellulite I have.

I've started a blog to help other women. I post pictures of myself in everything from bikinis to the latest fashions. What's interesting is the type of comments I receive. Yes, I get the usual, 'I love your hair like this,' and, 'You're so confident. It's inspiring.' However, I also get a lot of criticism. 'You're so fat. You need to lose weight,' is a recurring theme. As is, 'You're super-unhealthy. You need to go to the gym and stop eating.'

And that's the point: if you're plus size, somehow people think it's OK to pass judgement on the way you look. That's why, on a Thursday afternoon, I found myself in a red bodycon dress holding up foot traffic on the capital's busiest street. I was there to find out exactly how the public reacts when someone of

my size rocks this season's new fashion trends. I was styled and photographed in four catwalkinspired looks, from a statement leather skirt and crop top to a black crochet (read: see-through) party dress – as well as *that* red dress – and went about my day. What happened in those 24 hours may surprise you.

The male/female divide

The red dress, unsurprisingly, garnered most of the remarks – many of them negative, and many of them from men. Actually, there wasn't a person it didn't elicit a

shocked response from, whether that was a sly sideways glance or an actual comment.

But with most of the women I encountered, there *was* a difference. The glances were approving, the smiles soft and encouraging, and at one point a woman came up to me and said, "You look fucking beautiful."

Next, I put on a striped crop top (crop tops have been big fashion news for a while now) with an aubergine A-line leather skirt - a nod to the stripes and leather seen at Saint Laurent for A/W15. I felt much more confident in this get-up. "She looks pretty," one woman said quietly to her boyfriend as they walked past. Then a builder, who'd seen me earlier that day, told me, "That one's better than the red dress." I asked him why he thought that, to which he replied, "I'm not saying." I knew exactly what he was saying: he preferred this outfit because it wasn't as tight, and didn't reveal my curvy body in the same way. It pissed me off though - why should I care enough to play 'guess the insult'?

Next, I changed into a gorgeous emerald-green dress with lace panels along the sleeves, and a grey '70s-style oversized hat. Lace and sheer panels are going to be everywhere soon, so >

'If you're curvier, people think it's OK to judge you'





The most daring outfit of all, this black crochet number proved a hit on Instagram, and with guests at a swanky London party

GO FIGURE: PLUS-SIZE MODEL LOUISE O'REILLY'S STYLING TIPS FOR CURVY WOMEN

Beware belts Thick waist belts are only flattering if they suit the outfit and your shape can take it (apple and pears: steer clear). Try a thin belt with 'fit and flare' dresses or none at all

Crop it Crop-style jackets are a huge go-to for me, especially biker styles. They give you coverage without taking away from a dress in the way longer jacket styles can.

Be clutch-wise Tiny, box-style purses can throw my body out of proportion. Opt for bigger clutch bags to balance out your outfit.

Invest in armery Try lace sleeves that fasten under your bra to wear with sleeveless dresses; they give added coverage and revamp an outfit.

Go metallic Make a statement with a skirt, or a flash of metal on an LBD. Brands making metallic the new must-have include Elvi and Asos Curve Louise blogs at Stylemecurvy.net.

this was a good way of seeing whether the trend translates for the real world. "She must be very confident to do that in front of everyone," a young, hip guy said. Would he have said that if I was a size eight or 10? I doubt it.

Fashionable on any size

My final outfit was the black crochet dress – incredibly sexy and incredibly

revealing – which I wore to a busy launch party. I knew no one there except for a friend I took along, yet all night I felt insanely sexy. One woman, who was working at the event, approached me and told me, "You look amazing. I love your dress." Then, a very dapper man who was photographing the

event spoke to me; he also said, "You look amazing," adding, "Curves are fun. Nobody likes boring straight roads do they? Twists and turns are full of surprises."

All night I was looked at, and groups of women whispered as they



'I welcomed the stares with a huge, confident smile' walked past me. But the vibe was positive and I welcomed the stares with a flutter of my lashes and a huge, confident smile.

Later, I uploaded a photo of myself in the party outfit to Instagram. It got 4,813 likes and not one negative comment. 'You look gorgeous Gracie.' and 'That's inspiration right

there; people wrote. Of course, that felt great, but what's most important is that *I* feel comfortable in my body, not what anybody else thinks.

And that's exactly what this social experiment emphasised. Wherever I went and whatever I wore, people

felt they had the right to comment on my body – and more so, I believe, because I was someone with shape in statement clothing.

Despite the current noise around 'plus size' and 'curve' in the fashion industry and media, clearly more needs to be done. Fashion is fun, and should be readily available and accepted on any body, regardless of shape and size. So, yes, let's keep talking but, Fashion World, it's about time we saw more action too.

* Check out Grace's blog by visiting Graciefrancesca.com ◆

Our winner's story

We received thousands of entries to our Catwalk Contender competition, and whisked four finalists off to New York for an ad campaign. And now, we have a winner...

After whittling down our fantastic finalists, we took four of them away to one of the coolest cities in the world (New York – where else?) to shoot the ad campaign, which follows their journey, battling to win a professional modelling contract.

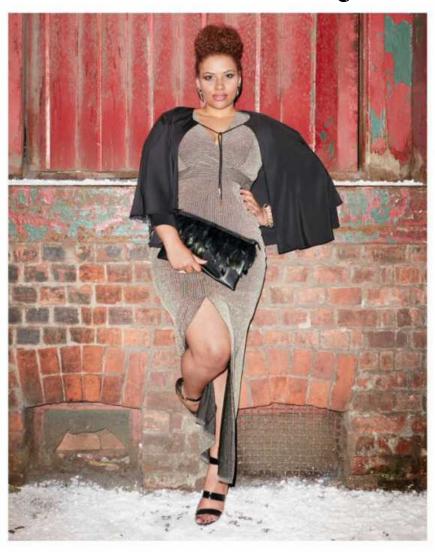
"Simply Be promotes attainable body ideals in all advertising,"

"I CAN'T WAIT TO SHOW WHAT A WOMAN WITH CURVES CAN DO"

explains the company's head of brand, Cathy Ryan. "So we're always on the hunt for new curvy models to work with – and quite frankly, there just aren't enough that represent the real women of the UK."

The verdict

While the competition was tough, the verdict was unanimous. Our expert panel of judges – including *Cosmopolitan*'s Fashion and Style Director Shelly Vella, and *Cosmopolitan* columnist Jameela Jamil



- crowned 20-year-old Rosie Clough (size 16) from Manchester the winner. Her stunning features, engaging personality and professionalism made her a very deserving choice.

Rosie's response, "I'm totally overwhelmed and don't think I'm over the shock. The journey has been amazing and I can't wait to show what a woman with curves can do!"

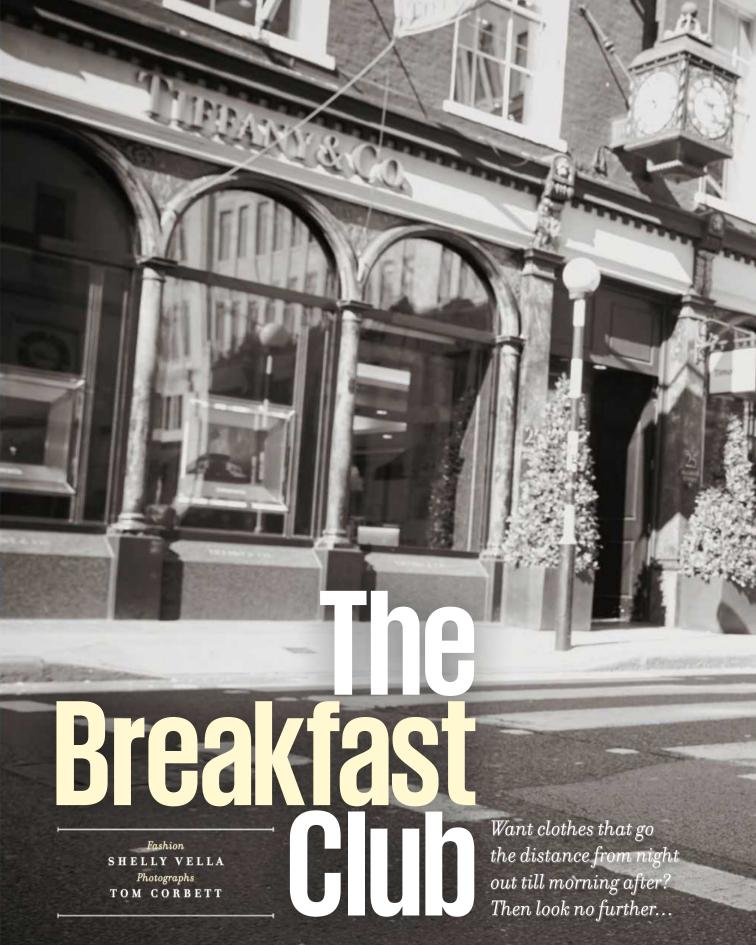
SimplyBe #CATWALKCONTENDER

ROSIE'S STORY



As the multimillion pound ad airs on prime-time TV during *The X Factor*, you can also watch Rosie's story online by visiting our Simply Be campaign hub

at simplybe.co.uk. For more festive fashion inspiration, shop online at simplybe.co.uk or in-store.









The Royal Borough of Rensington and Chelsea
PORTOBELLO
ROAD, W.11



THE UPDATED LBD

An exaggerated pussy bow adds interest

Dress, £60, Next. Blouse, £59, Coast. Tights, £31, Wolford. Ear cuff, £8, Diva







THE VINTAGE-INSPIRED DRESS Give it a cool, modern spin with gold statement jewels

Dress, £225, Reiss. Sunglasses, £113, Emporio Armani at Sunglass Hut. Earrings, £125; necklaces, from £154; ring, £146, all Mawi >









Little THINGS

Can beauty really have a positive impact on your busy day-to-day life?

There's no denying our lives are busier and more stressful than ever. But have you ever stopped to think about how the world of beauty could make a difference to both the way you look and the way you feel? That lift you get from a new lipstick, or when you find a cream that actually works, is unlike any other. And it's a feeling the world needs more of.

THE IDEA

B. – exclusive to Superdrug, is introducing the Beauty Boost, a concept based on the notion that beauty is about more than just aesthetics, it can make a positive difference to your day too. Simply wearing a different colour blush can lift your spirit and your mood, helping you to achieve more - while putting a smile on your face. The products are all cruelty-free and suitable for vegans too.

THE BUSINESSWOMAN

We caught up with Amber Atherton, businesswoman extraordinaire and founder of My Flash Trash - a jewellery boutique valued at a casual £3.5million – to see how everyday beauty boosts have had an impact on her working life, and what they mean to her. "A beauty boost is something that enhances your natural beauty, so

for me personally, that would be a product that gives my skin a helping hand against the stresses of everyday life," says Amber. "I tend not to wear much makeup on a day-to-day basis because I spend most of my time in the office, so having good skin is really important. It's as much about your diet and lifestyle as it is about the products you use."





THE BRUSHES

B. Flawless Finish Set, £20

"I love this kit! It's always my go-to on the days when I do wear makeup. It has all the tools I need to create the perfect look."



'WEARING A DIFFERENT COLOUR BLUSH CAN LIFT YOUR SPIRIT AND YOUR MOOD'





THE HIGHLIGHTER

Flawless Finish Set

B. Sculpted Blush & Highlight Stick, £10.99

"I'm always in a rush, so this two-in-one stick is a total lifesaver! It's so easy to use and really simplifies the contouring trend. I adore the healthy glow and subtle highlight it gives."







THE BLEMISH BUSTER B. Confident Blemish

B. Confident Blemish Gel, £6.99

"I'm prone to hormonal breakouts and I get blemishes when stressed, so I keep this in my handbag. It's fast-acting and really works to reduce redness and size of spots."

THE WIPES

B. Pure Sensitive Micellar Cleansing Wipes, £3.99

"After a long day these are perfect. They contain micellar technology to remove dirt and impurities – and even stubborn mascara – without irritating my skin, leaving it feeling clean and hydrated."



THE MOISTURISER

B. Confident Moisture Gel, £9.99

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HOWIT FEELS WHEN AMAN AMAN HISBEST FRIEND

What happens when your wingman, travelling buddy and (one day) best man is callously murdered? Paul Davies, 30, discusses the secret agony, hate and confusion no man is meant to feel — or talk about

ave a good weekend with everyone mate. Send my love to all. Wish I was there with you!

And good luck with the speech. You'll be great and I'm sure they'll all love it.

There's nothing extraordinary about that text from my best mate James Kouzaris – 'Jam' – on the morning of my sister's wedding. Except that it was the last contact I'd ever have with him.

Love always. More banter to follow...'

A few hours later, on 16 April 2011, he was killed, with another good friend of mine, James Cooper – 'Coops' – while on holiday in Florida. Both were incredible men. Jam, just 24, and Coops, 25.

Lost, drunk and defenceless after a night out, they had wandered into Newtown, a no-go area of Sarasota, where they were confronted by Shawn Tyson – a 16-year-old with a gun.

After what we were told was a failed mugging, they were made to beg for their lives before they were shot dead by him; an unforgiveable act that I, and their family and friends, will never comprehend.

I went to university with both of them and had known Jam since I was 15. He was my best friend. Two weeks before he and Coops were killed, I was sitting with him on a flight from Bogotá to London. We'd been on a four-month stint travelling around South America. It was the third trip we'd done together and we'd become closer than ever. Living in each other's pockets for three years isn't easy, of course; I'd liken the whole experience to a turbulent marriage. And sharing a bed for two months culminated in building barriers out of cushions, and many middle-of-thenight arguments: "Wake up, you're snoring again," and "Move over, you're on my side!" But every fight was





Clockwise from top: James Cooper (left) and James Kouzaris; CCTV images taken just hours before the men were killed; Shawn Tyson; the street in Sarasota where they were shot; 'Coops' and 'Jam' on holiday











worth it, because there's nothing like seeing the world with your partner in crime – from Thai beaches and the Colombian rainforest to Bolivian salt flats and the Jaisalmer desert in India. We made the most of every single opportunity, and I credit Jam's positive personality for that. I'd never known someone who had so many traits I wanted to emulate, yet who was so good at making me believe that I didn't need to change.

We'd decided this was our final big trip; time to join the real world – move to London, get proper jobs. He'd been invited to my sister's wedding as my 'date', something we laughed about. He'd also been asked to join Coops and his family on holiday, but was unsure if he should be spending money on another trip.

I convinced him he'd regret it if he didn't go. It turned out we would all regret him going.

It's been nearly five years since Jam was killed. I've learnt a lot about grief and the strength of people. I'm proud of the friends and families of both men, and how hard they've

striven to stay positive. But there is, not surprisingly, another side to this: the personal battles we've all gone through – something I've never fully confronted. I can't speak for anyone else – we all experience grief differently – but I feel like I've never properly opened up about what it felt like to lose a best friend at such a young age, before life in the real world had even really begun.

Male friendship is a complicated thing. 'Banter' is probably the most overused word in our vocabulary. We're quite happy to talk openly about the most sensitive or personal subjects – girlfriends, sex, our insecurities and hang-ups – as long as we caveat it with 'only joking, mate'. But remove the humour; take

away the irony, and you may as well be setting off a grenade.

Stoicism and pride are seen, quite rightly, as valuable qualities. We can't all fall to pieces every time something dramatic happens. But, as I've found in the past few years, whatever you lock up finds its way out – usually in your treatment of those around you. The main reason for my wanting to write this article is that it gives me an excuse to confront what I've become good at avoiding. And I hope it encourages others to know that admitting weakness isn't the same as being weak; like a medicine that tastes awful but does you good.

When I knew Jam couldn't make my sister's wedding, I asked my friend Laura to be my date, and we shared a hotel room. But the morning

after the speeches, dancing and toasts, I woke to the sound of Laura's screams – and she handed me a phone. I felt physical pain on hearing the news that Jam and Coops had been killed. It was like being winded. And then, suddenly, I was in shock. I remember running

outside. I remember people coming to see what was wrong. Hugs. Tears. Words amounting to 'chin up' or something similar. I remember asking for a drink of brandy – as if I was following some default emergency plan that I'd learnt from films.

The next 24 hours were a blur. There were many phone calls to friends and family, either gaining more information or having the awful task of telling them what had happened. I remember getting incredibly drunk and just wanting to be on my own.

That first night was probably the worst. But after that, out of nowhere, I suddenly became terrified of the dark. I couldn't sleep without a light on, mainly because in the darkness >





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'I'll walk up to

someone who

looks like Jam.

iust in case'

Left: Paul (left) and Jam in Peru in 2011. Below: best mates, Paul, Jam and Coops

to life in prison without parole. [His sentence, not the conviction, has since been overturned, and he will be resentenced as a juvenile.]

I'd be lying if I said that I haven't courted hatred and blame for those I deem responsible: Shawn Tyson, his friends, his family, education, the system – America's obsession with guns. And I'd be lying if I said that I haven't often thought about revenge and what that would look like.

I'm sure all of us involved have travelled down that path to some extent.

But making that statement freed me up to start moving on and, at some point, life started ticking over again. Still, there's not a day that passes without my missing them, without my hoping they're OK and praying they didn't suffer. Sometimes I'll look

into cars going past in the hope they'll be inside. Or I'll see someone who looks like Jam from a distance and walk towards him – just in case.

This year, I turned 30. Friends are getting engaged and you can't help but assess where you're at in life. I'm years from getting married, but there are times when I think about how Jam's death will affect my future. Yes, weddings are about the bride – we all know that – but the best man's speech is one part of the day that the groom dictates. You're giving someone permission to reveal your deepest secrets and tear you to pieces in front of everyone you love. That's special. And it should have been Jam's pleasure.

It's also difficult knowing that we'll never get to know each other's wives >

I felt left alone with what had happened. This lasted for months.

For days that turned into weeks, normal life was put on hold. As friends and family, we stayed close to one another, drank too much and told funny stories of better times. We planned Jam's funeral. But no matter how much we all stuck together, it didn't change the fact that everyone ultimately had to find their own way of dealing with the reality.

In the months that followed, I'd get angry very quickly. Sometimes when I met people I didn't know, I'd think 'Why are you alive? You're not as good as them. It should have been you.'

It's incredible how selfish grief can make you. I remember a lot of arguments. I hurt so many people I love, with words that I can never

take back. I hurt more people in those first 12 months than at any other time in my life.

It was far too traumatic for the lads' parents to contemplate, but in March 2012, Joe Hallett – another best friend of Jam's – and I flew to Florida for Tyson's trial, to read out our victim-

impact statements. It was important to us both for the boys to be represented. Those statements were very personal to us. We had no idea they'd be picked



up by the press, and I'm glad we didn't – maybe that would have stopped us saying what we really felt.

I'm pleased Joe and I got the chance

to speak from the heart and say what so many people back home were feeling. I tried to look Tyson in the eye, but he wouldn't look at me. I remember feeling how pointless it all was. Two people were dead, countless lives had been ruined and there was a kid, in complete denial,

about to be incarcerated for the rest of his life. There was no winner. Tyson was convicted of two first-degree murder charges and was sentenced or children. He had so much time for everyone and anyone, so I'm sure he would have approved of whoever I end up sharing my life with. But knowing that doesn't make the fact that he's not here any easier to bear. The pain and loss goes on.

Over the past couple of years, I haven't spoken much with family or girlfriends about what happened.

There have been times when someone has caught me crying and I'd tell them I was thinking about Jam, but I wouldn't talk for long, and usually end with a joke or something distracting.

Of course, amid the darkness, there is light, and I always try to look for that. I've learnt that searching for the positives in life is the key to staying sane. Almost everyone Jam held dear is closer to me now than before he died. I've grown as a person. I know that. I'm more confident than I used to be. I can put things into perspective. I'm not scared about what life will throw up next.

We've set up a charity in memory of Jam and Coops, called Always A Chance. This was a catchphrase of theirs – meaning anything's possible. The charity's

aim is to prevent violent crime by funding projects working with young people who are outside full-time education and employment. We want to encourage them to re-enter the education system and support them in doing so. It sounds like a cliché, but turning all the negative feelings into something constructive in this way has made us





From top: Paul (second from right) and friends at Jam's funeral; Jam (far left), Paul (right) and friends at school; Joe Hallett and Paul making a statement outside court after Tyson was sentenced

couldn't find two more well-rounded young men. It's been an honour to create a positive legacy for them and I'm honoured to have known them so well. I reckon they'd both be embarrassed if they knew they were so highly thought of they warranted

> an organisation being set up in their names – but they deserve it. Now they can outlive all of us through Always A Chance and the good work it does for young people.

And that's it. One tragic story, told from one person's perspective. There are endless others in the world, many of them much worse. But writing this down honestly felt like breathing for the first time in many years.

And as for trying to deal with the future and the times when I'll wish he was there, Jam left me with some pretty good words to live by: "Love always. More banter to follow..."

• For more information on the charity, visit Alwaysachance.org.uk. Read Paul and Joe's powerful victim impact statements at Cosmopolitan.co.uk/victimimpactstatements. ◆



feel so much better, and is a fitting tribute to the characters of those loved, decent, brilliant men.

I remember someone who was quite bewildered at how well the charity was doing in the early days, asking us, "What the hell were they? Saints?" But even though they're spared the everyday criticisms we reserve for the living, to us they *are* saints. You really

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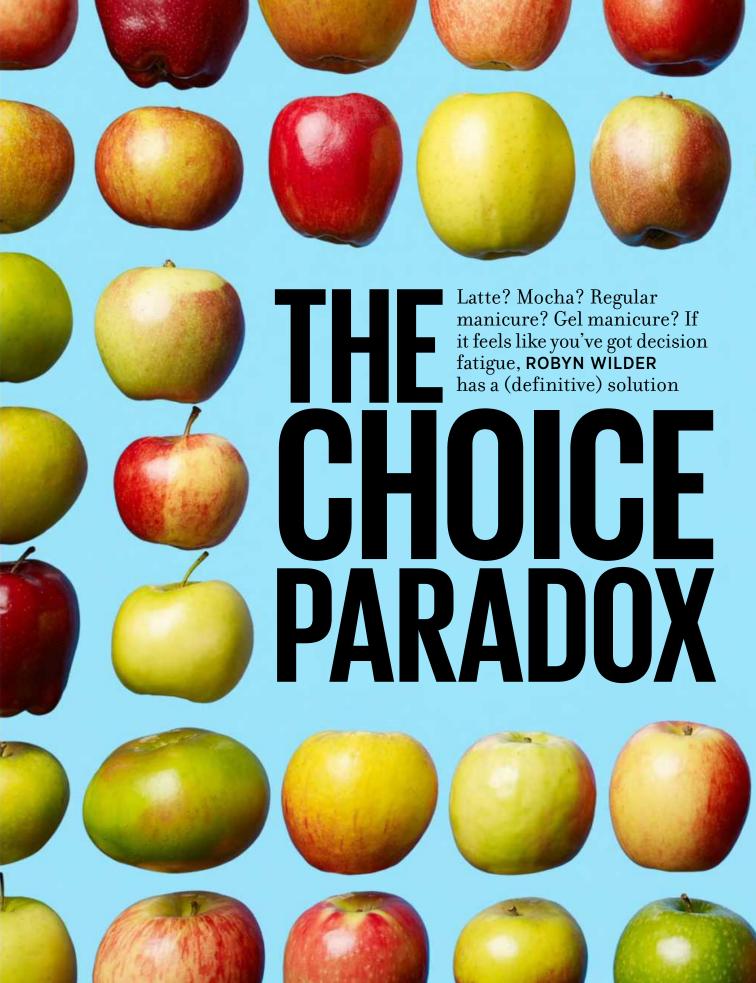


If you're anything like us, your party diary is filling up fast, you're already blaring Mariah's Christmas classics at every opportunity and you've started dropping 'subtle' gift hints to your nearest and dearest. But in the madness, it's easy to forget those little details – which is why we're stocking up on the finest high-quality Spanish sparkling wine from Freixenet ahead of party

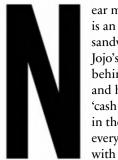
'We're stocking up on Freixenet – stylish sparkling wine ideal for all occasions...'

time (made using the same technique as champagne, don't you know). With an ageing process of up to three years, Freixenet wines reflect the prime growing conditions that shape the character of each bottle – so you're guaranteed a quality sparkler for those special nights with friends. Now you've got your drinks planned, all that's left to sort is your outfit...

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ear my old office is an unassuming sandwich shop called Jojo's. It's tucked away behind a Betfred and has a yellowing 'cash only' sign in the window. But everyone I worked with *raved* about

it. Each lunchtime, they'd bustle back to the office bearing heavy plastic containers that filled the air with the aromas of chorizo and houmous and sriracha. Then they'd take a bite of whatever it was – purple-sprouting broccoli, giant couscous or curly kale – and give huge quasi-erotic, eyerolling swoons. Meanwhile, I'd be cradling my daily ham and cheese baguette from Eat, proclaiming them all pretentious. Eventually, my curiosity got the better of me, so one rainy lunchtime I ducked into Jojo's to see what all the fuss was about.

I immediately wished I hadn't. The whole shop was the size of a Renault Clio, and the wall behind the counter was a floor-to-ceiling blackboard. Filling it, in the world's tiniest chalky handwriting, was the menu. From what I could make out, there were 15 types of bread, twice that number of meats and cheeses and a nightmarish, multiple-choice salad-vegetablepicking matrix that was so complex it must have existed in 11 dimensions at once. The coffee list was, quite probably, written in Klingon, and the meal deals were impenetrable. Worse still, I was at the back of a fast-moving queue full of people who knew exactly what they wanted. Time to make a decision. Quick.

As the line shortened, the sheer volume of choice caused my decision-making skills to short-circuit. The more options I considered, the more my brain curdled. By the time I got to the counter, I'd actually broken a sweat. Over *lunch*. I felt the full weight of the menu before me and the queue behind me, and still I had

no idea what to eat. In the end, out of panic, I ordered a (ta dah!) ham and cheese baguette and slunk away wishing I'd chosen *anything* else. After that, I never went back to Jojo's, I never told my colleagues and the next lunchtime I was back at Eat.



WHEN LESS IS MORE

It seems rather churlish to complain about too much choice – especially as freedom and the right to choose are liberties women have been striving for since time immemorial. But the fact is, we now have more options open to us than any generation before. Do we want a latte or a mocha? A manicure or a pedicure? Tinder or eHarmony? A family, a career – or both?

But here's the thing: science suggests that the process of selecting options from too wide a pool can overload us, causing our decision-making mechanisms to misfire. Psychologists say we can then become fixated on what we *could* have had and, in some cases, lose self-confidence and even tip over into clinical depression.

And they don't even have to be big, life-altering decisions about career choices or egg-freezing. They can be about something as quotidian as jam.

"When I go grocery shopping, I want to ultimately return home with some groceries," Sheena Iyengar, a professor at Columbia University, tells me. "I don't want to have to choose between raspberry, cherry and cherry-raspberry flavoured jams and end up paralysed to such an extent that I forgo buying any jam at all."

This isn't Professor Iyengar's first foray into jam-based research. She conducted one experiment where she presented food shoppers with two displays – one with 24 types of jam and another separate display of just six jams. What happened next was interesting. The larger display attracted 60% of shoppers, whereas only 40% of subjects visited the smaller one. In the end, however, a third of visitors to the smaller stall

'Even simple questions like "Where will we order dinner from?" spiral out of control'

bought jam, but only 3% of people at the larger stall made a purchase.

As Professor Iyengar outlines in her book, *The Art Of Choosing*, while we're attracted to the concept of lots of choice, in reality, our brains are more comfortable with fewer options.



CHASING PERFECTION

My friend and former inveterate shopper Cara, 27, understands this. "Shopping used to be a leisure activity, but it gives me the horrors now," she says. "Shopping centres are so enormous these days that saying, 'I like this skirt, but I want to see if there's anything better' is pointless, because chances are you'll get hungry and tired before you've completed a circuit. There's nothing like having low-blood sugar in Reiss and realising your perfect skirt is in H&M, two miles back."

The quest for this mythical 'perfect' item is part of the problem. In his TED talk, The Paradox of Choice, psychologist Barry Schwartz argued that living in an age of plenty ramps up our expectations. When we have almost infinite choices, surely one of them should be perfect? Dr Schwartz illustrated this point not with jam, but salad dressing. "If you buy one salad dressing and it's not perfect, it's



easy to imagine you could have made a different choice that would have been better," he says. "This imagined alternative induces you to regret your decision, which subtracts from the satisfaction you get from the decision you made – even if it was a good one. The more options there are, the easier it is to regret anything at all that's disappointing about your choice."

I relate this to another friend, Eliza,

who recently gave up online dating because there were just too many men.

"Once I'd ruled out the ones I didn't like, the 'maybes' all seemed equally dateable. But every time I met up with one of them, I couldn't help doubting my choice, no matter how well it went. Once, a guy and I had loads in common, but the conversation was a little stilted at first, so while he was in the loo I made another date and spent the rest of the evening distracted.

"I think if I'd let that one mature and not

SMART WAYS TO AVOID OVER-CHOICE PARALYSIS:

Make 'If it ain't broke, don't fix it' your mantra. Your local takeaway knowing your order off by heart is a *good* thing.

Birthday looming?
Ask for vouchers from your favourite shop, not money. Only being able to shop in one place really focuses the mind...

Ask your friend what she's having before you order in a restaurant, then copy her. Overchoice and food envy, conquered in a single move.

Cancel Netflix. Just think of the hours you'd save if you were limited to your DVD collection.

worried so much about missing out on the 'perfect' guy, we might have had something."

Dr Schwartz says the secret to happiness is low expectations. Previous generations led lives well-defined by cause and effect; they married young to have large families or went to university specifically to foster good careers. Now, we can freeze our eggs, chop and change careers and marry who we want, when we

want, *if* we want. But if we feel we're not living our best possible life, we think it must be our fault, because *everything* is available. This sort of attitude contributes to a culture of depression and it does nothing to help people with existing mental-health problems.

Laura Carland, 29, suffers from anxiety and depression. When it gets particularly bad, her ability to make

decisions is one of the first things to suffer.

"Simple questions such as, 'Where will we order dinner from?' spiral out of control," she says. "It becomes, 'Why don't I know what I want?' and then, 'How stupid am I?' and morphs into a messed-up series of inner attacks on my already low self-esteem."

The irony, says Dr Schwartz, is that no matter how dissatisfied we are with our choices, they're probably not all that bad. "People have experiences that are 'disappointing' because their standards are so high... the net result of which is we do better in general – objectively – but we *feel* worse."

🍅 THI

THE BIGGER PICTURE

So, how do we address the paralysis that comes with being overwhelmed by choice? It's all about perspective, says Professor Iyengar. "How important is it that you order the 'right' dinner?" she asks. "If you get steak instead of chicken, will you be kicking yourself 40 years from now?

"But also consider what it can mean if you look into smarter investment options today, rather than tomorrow or next year. In 40 years' time, that choice could turn out to mean a lot."

She also advises reducing the number of choices you make. Facebook founder Mark Zuckerberg famously wears the same T-shirt-and-jeans outfit day in, day out – simply because he feels his multi-billion-dollar decision-making skills are best applied beyond his wardrobe.

"I'm in this really lucky position where I get to wake up every day and help serve more than one billion people," he said in his first public Q&A. "I really want to clear my life so that I have to make as few decisions as possible about anything except how to best serve this community."

If a daily uniform is too much for you, Dr Schwartz suggests limiting the number of shops or websites you shop from, for a less exhausting experience. And most importantly, he says, "Learn to be satisfied with 'good enough'. This doesn't mean settling. You can still have high standards – that's manageable in a world of hyperchoice. Always seeking the 'best' is not."

Professor Iyengar's final words on the matter are eminently practical. "Make the consequences of your choices as salient as possible. We simply need to be smart about where and how we invest our 'choosing' energy – be choosy about choosing."

And in a world of infinite choice, that seems to be the best choice of all. ◆



SINGLE? SETTLED? WE'VE GOT YOU COVERED



IS TINDER HEADING FOR A SWIPE OUT?

In case you hadn't noticed, today's dating landscape has become a little – how can we put this? – superficial. Swiping left because a potential partner has a weak jaw/small eyes/a slightly-deeper-shade-of-blond beard than you'd like has become standard. Thankfully, that may be about to change with a flurry of new dating sites and events, based on interests and intelligence rather than aesthetics. There's Cliick – a new app that lets you chat with like-minded people perusing the same news stories as you. Or London's Original Dating, which hosts singles nights for film buffs, bookworms and travel addicts – encouraging connections to be made on a deeper level. So give your thumb a rest and get your brain in gear...

Because sometimes life is stranger than fiction



I was dumped by my boyfriend just 20 minutes after I failed my driving test because, as he put it, "At least your day couldn't get any worse – and you're already crying!" Fast forward to some years later, he's now my gay best friend. That explains a lot.

KARA, 23, EVENTS ASSISTANT, OXFORD

AHEAD OF THE CROWD

While window-dressing a mannequin in a shop window, its head fell off and hit me in the crotch. I doubled over in pain and, when I straightened up, saw I'd drawn a small crowd. I was still clutching the head to my crotch - god knows what they thought I was doing!

CEEJAY, 22, VISUAL MERCHANDISER, LONDON

PLEASED TO MEET YOU

Eager to impress on my first day at work, I strode up to my boss to introduce myself.

Unfortunately, I hadn't clocked the stack of papers and boxes by her desk, and fell over them.

I was so embarrassed, I blurted, "Hi, it's me!" and then just walked off. Six months on, she still thinks I'm an idiot. EDDIE, 27, MARKETING EXECUTIVE, MANCHESTER

BEST FOOT FORWARD

I WAS IN SUCH A RUSH GETTING READY TO GO CLUBBING THAT I TURNED UP IN ODD SHOES. THEY DIDN'T REMOTELY MATCH - ONE WAS CLOSED-TOE, ONE OPEN. I HAD TO GET A TAXI STRAIGHT HOME AND CHANGE.

CHRISTINE, 31, SALES EXECUTIVE, LONDON



WRONG NUMBER

I used to work in a hotel, and was waiting for my boyfriend to call. When the phone rang, the caller sounded exactly like my boyfriend - so I assumed he was pranking me. He asked whether I needed a name to book a room, so I laughed and said, "Oh, shut up, I know it's you!" Only then did I realise that it was one of our regular guests. I pretended it was his voice I'd recognised, but dreaded seeing him at reception.

TILLY, 30, RECEPTIONIST, ESSEX

RUNAWAY LOVE

I was excited when a hot guy asked me out on a date. We spent the evening getting to know each other in a cabaret club and it was going really well - until his fiancée walked in with her friends.

Needless to say, it all got very awkward...

Good thing I'm light on my feet!

WAYNE, 25, EVENTS COORDINATOR, LONDON

GOOD VIBRATIONS

I survived the *weirdest* job interview. The guy said he wanted to 'feel my vibe', so I instinctively held my hands up, thinking he was going to try something untoward. He then took out a necklace and circled it above my head to gauge my 'energy levels', shrieking, "You have a great soul. Welcome to the team!" I left the office stunned. I took the job though. **SHWETA, 36,** EVENTS MANAGER, LONDON

MUMP 'N' DUMP I'D BEEN DATING ANDY* FOR A WHILE WHEN I GOT THE MUMPS. AFTER WEEKS OF HOUSE ARREST, I WAS SO EXCITED TO MEET HIM FOR DRINKS. "I'M REALLY GLAD TO SEE YOU, THIS MONTH HAS BEEN UNBEARABLE," HE SAID. I WAS ABOUT TO TELL HIM I FELT THE SAME. UNTIL HE CONTINUED. "I'VE BEEN WAITING AGES TO BREAK UP WITH YOU."

PIPPA*, 31, TEACHER, BRISTOL

WORST DATES EVER

We've all been there...



I thought we were going for dinner, but he took me to an abandoned car park and said, "Want to mess around?" After I said no, he dropped me off at home!

NANCY, 24



When we were planning to have sex for the first time, I asked him if he had a condom. His response? "Condoms are for hookers – not nice, pretty girls like you."

SAMANTHA, 25



He took me to a BYO restaurant, but he didn't order anything - instead he filled up on free bread and drank the wine I'd brought.

FAITH, 24



He offered me a job as his assistant, before saying, "Oh - but then I couldn't fuck you."

LEANNA, 24



HE ASKED IF I'D EVER CONSIDERED PLASTIC SURGERY BECAUSE I'D "LOOK GREAT WITH A BOOB JOB".

KIM, 25



Apparently the rooster tattoo on his inner thigh was so he could tell people he has a "cock that hangs to his knees". WTF?

MARTINA, 26



OVER DINNER, HE INFORMED ME HE HAD AN ELECTRONIC TAG AND HAD TO BE HOME BY 10PM.

CHRISTINA, 30



He chose an expensive bar and, when the bill came, he only threw down £10, which barely covered the tip. Then he looked at me and said, "You have a better job, so you'll get the rest, right?"

CARMEN, 25



He told me he'd stalked my Instagram before our first date, and then proceeded to inform me that my sister was "so hot". Thanks!

JULIE, 25

FERAL FACTOR



NAKE IN THE GRASS



LOVE RAT



DIRTY DOG



TOTAL PIG

PHOTOGRAPHS GETTY IMAGES, GALLERY STOCK

Friday night just got better...

Buy one flat white martini and your friend gets one free with All Bar One and Baileys. The weekend starts here!

ands up who loves a freebie?
Well, we've got good news for those with their arm in the air (which we're guessing is pretty much all of you). Your Friday night is about to get a whole lot happier, thanks to All Bar One, our

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Baileys for a 'buy
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offer exclusively for
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Sound good? Then to kick the weekend off in serious style, just fill in your details (right), cut out the voucher and gather the girls together at your nearest All Bar One bar (in case you're not sure where that is, visit Allbarone. co.uk/national-search). Then it's simply up to you to spend the evening sipping away the stresses

of the working week, armed with the chicest cocktail in town.
Trust us, with drinks this delicious, you'll be in weekend mode in next to no time.

Oh, and don't forget to share the fun on social media using the hashtag #flatwhitemartini – we're all entitled to the odd humblebrag now and then...



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his spring, I'm marrying
John*, my boyfriend of six
years, fiancé of one and the
man I want to come home
to every night. But there's
part of our wedding day
I know I'll struggle with:
saying my vows. In particular, the line
about promising to be faithful, as
I know it'll be a lie. I haven't been
faithful to John. And as much as I'd
like to say otherwise, I don't think I
can be on the other side of 'I do,' either.

I'm 35, and have cheated on every one of my boyfriends since I started dating 20 years ago. So far, I haven't been caught. It was never intentional – I didn't go into each relationship thinking, 'I'm going to have sex with somebody else' – it just panned out that way. Either I wasn't with the right man, I wasn't happy or I wanted more than 'normal' domestic life. So I strayed – sometimes a one-off fling with a guy I met in a bar; occasionally a severalmonth affair, but never more than one man at a time. If you're juggling too many balls, one of them will fall.

Every time a relationship ended, I told myself I'd never cheat again. I didn't want to be *that* person, and there was too much risk involved if a boyfriend found out. They'd end it and be out of my life for good, which I didn't want. But then I'd get bored, or have an urge to be with someone else, and I'd do it again. And again.

Of course I felt guilty, but I became very well-trained at blocking out my emotions. Metaphorically, I put them in a box, which went inside another box, then another. Then I locked them up and threw away the key. It's not a very healthy way to live, but if I didn't have that coping mechanism, the floodgates could – and probably would – open, and I'd drown in guilt.

I've had to become adept at deceit. My boyfriend before John – Ryan* – worked abroad a lot, so it was easy for me to live a separate 'single' life. Even when he'd come home and ask about my week, lies and half-truths rolled >



off my tongue. "I went out with the girls," I'd say, leaving out, 'And then I got hammered and hooked up with someone who wasn't you.'

When it ended with Ryan, I met John at a friend's party. I told him early on about my unfaithful past but he didn't ask questions, and I don't think he twigged that it had happened in every relationship. But, with John, as with the others, I was hopeful I wouldn't cheat this time.

I lasted two years – the longest in any of my relationships. But I've since cheated with six men. Adam* was the first. He lived in my block of flats, and we'd see each other in passing. One day I texted to thank him for helping me carry some heavy boxes upstairs. His reply was bold, saying he wanted to sleep with me, and it knocked me for six. But there was undeniable chemistry between us and, in my opinion, to ignore that is to lose a bit of living.

Adam and I hooked up in a hotel while I told John I had work commitments. The sex was great, but it only happened once. I think he was trying to level the playing field with his partner, who'd recently cheated on him too. Mission accomplished. I felt frustrated that it had happened after I'd stayed faithful for so long. But afterwards, I felt like an idiot - not for cheating, but because I felt used, and I looked for a rebound. That's when I joined a dating website for attached people, called Illicit Encounters.

Suddenly, an element of decision making had entered the equation. I was now actively seeking out men, rather than waiting for chance liaisons. I got a bigger buzz because I'd chat to men before meeting them, getting to know them and allowing the chemistry to build up. They say great sex starts in the mind...

Guy* was the first man I met from the site. He often worked in London, so a couple of times we met for drinks before going to a hotel. Once, as I sat among the crumpled bed sheets while



"The sex is the

kind of all-night

stuff you think

is a myth"

Guy showered, I got a text from John: 'Are you cheating on me?' I felt sheer panic. Had I been caught out? It turned out he'd read an email exchange between a friend and me that I'd left open on my iPad, referencing a guy I

thought was hot. It was innocent, but incredibly badly timed. I realised how awful it would be to lose John, and at this point I should have put an end to it. But it wasn't that easy.

I had one more affair after that, then stopped for a couple of years. The buzz had worn off (for now) and I felt like a risk element had crept in. It was similar to taking drugs; you take them because you want the high, but then you come down and realise you might have died. Replace death with getting caught, and you get the idea.

I hoped I could then live faithfully, but two years later, feeling a bit flat, I craved that high again and set up a new profile on the website. There I met Andy*, who's married with kids and who I've been seeing on and off for a year. Neither of us wants a relationship, but the sex is amazing - the kind of all-night stuff you think is a myth. Will it stop once I'm married? No. I'd love to be faithful

once I've said my vows, but I know nothing will change. Although you might assume otherwise, I didn't feel guilty when John proposed - it didn't cross my mind. And no one who'll be at the wedding knows the full story.

John isn't suspicious. And although I live with him, I never hide my phone – if you hide something, someone's going to want to look for it. Nor do I change any men's names in it. Perhaps I should be more careful.

I don't cheat because there's something missing in my relationship with John. We love each other, and we have good sex. I want to marry him and be with him for the rest of my life. But my affairs are an add-on to that. The rushes of excitement that I get from meeting other men make the domestic life I want with John more liveable and less boring.

I realise now that monogamy isn't who I am or what I want. If there's a connection between me and somebody else, I embrace it. I don't think I'm the only person who feels this way. But most people ignore it or feel they can't act on it. We've been conditioned to think monogamy is the right path, but I see that as a Victorian ideal, dictated by society. If we could get rid of those notions, we'd be a lot happier.

Am I a bad person? No, I don't believe I am. I do feel bad about deceiving John, yes, but what can I do now we're this far in? Sure, I'd like to think that my lifestyle isn't forever. I can't imagine doing this when I'm 70. But I won't stop yet, because that would be lying to myself. Of course, continuing means lying to John, which I hate, but either way, deception is involved. The only difference is who I choose to deceive. And at the moment, that's him.

Jumper ROUND!

Knitwear has never been so much fun. Take your pick of this festive season's best from George at Asda



FIND YOUR FASHION INSPO...

Get into the Christmas spirit and plan perfect party-season looks with help from Fashionunexpected.co.uk. You'll find lots of tips to keep you looking stylish (and festive) for every occasion!

ABOVE Christmas tree jumper, £14. LEFT (TOP TO BOTTOM) Robin jumper, £16. Dear Santa jumper, £16. Christmas tree jumper, as before. Holly jolly jumper, £16. Grey Marl Christmas Tree Jumper, £12. Merry Christmas jumper, £12



#FASHION UNEXPECTED

Sex and the single girl Why I can't stop stalking my exes.

LAUREN FRANKLIN asks what happens when exes start marrying, while you're still on Tinder

'Oh. Facebook

(and your

lax privacy

settings),

how I love

to hate you'

There are some things I do that are terrible for me but I just can't stop. Like midnight binge-eating, grinding my jaw when I concentrate... and stalking ex-boyfriends on social media.

Let me make this clear up front: I don't want any of them back. Christ, I don't even remotely fancy them

anymore, but seeing where someone's life goes when it's no longer entwined with yours is compelling.

An increasing number are getting engaged and married. Finding out is a curious torture, one I find myself obsessively tapping into. Oh, Facebook (and your lax privacy settings), how I love to hate you.

The dominating feeling is happiness for them. But suddenly, I'll find myself irritated. It's just the way they're grinning so smugly in their pictures. Him saying: 'You dumped me, but I've won this, you unloved, single harpy, while she's all: 'Yeah, he's mine now, I make him happier than you ever did. Look at this pie I baked. Look at this beach holiday we went on. Look at my glossy hair? Urgh.

When Stage One of the Insecure Madness passes, I remember there

were valid reasons for breaking up with these men. Some I simply didn't love, while others were not the types you'd want to settle down with.

Enter Stage Two of the Insecure Madness. Why did they change for these girls and not me? Nowadays, they all look so happy and functional, but when we dated it was a different

> story. If I'd stuck around would they have matured eventually? Or did it take the jolt of me ending things to force them?

I suppose I feel it's slightly unfair that they've suddenly sailed through to getting their shit together and hitting the love jackpot... when I'm still alone. I've been left a little cynical and cautious,

while they've seen the light and been rewarded with stability.

But that doesn't stop me imagining what it would be like if the ring was on my finger. Would our lives be happy together, or would marriage have been little more than both of us just going through the motions?

Although I know that I'd feel bored, unfulfilled and short-changed. But I do wonder – if nearly every person I've been in a relationship with has

settled down, maybe it's me that's the problem. After a few disappointing dates or, worse still, promising dates that have led to unreturned messages, I can't help but feel scared, rather than exhilarated, by the uncertainty ahead. Has the best been and gone?

Perhaps marriage and long-term commitment won't ever happen for me. But then I remind myself that just maybe, the greatest thing in my life is just around the corner...

Are you our next Sex And The Single Girl?

Ever read this column and thought, 'I have a crazy sex life and am willing to share those details with Cosmopolitan for the good of womankind? If so, this column could be yours. If you're totally honest, upfront and funny and a UK resident aged 18 and over, you could soon be reporting for us from the front line of modern dating. Terms and conditions apply: for full details, and to enter, head to Cosmopolitan.co.uk/ column and tell us in no more than 200 words why you'd like to be considered, then regale us with your (single) most memorable

sex and relationship escapade. We'll take it from there.



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'Tis the SEASON

After a great night out, removing your makeup is probably the last thing you want to do. But it doesn't have to be a hassle, says beauty blogger Tar Mar



Party season has arrived, and we're tired just thinking about all the outfits we need to plan over the festive period. But after a few late nights, it's easy to get lazy with your skincare routine, as beauty blogger Tar Mar knows. "Going out often can take its toll, and the temptation to go to bed with your makeup on gets harder to resist," she says. With so many social events in the diary, we all want to look our best - but sleeping in your makeup doesn't help. "If I do so. I know I'll wake up with a few blemishes and most of my eyelashes gone!" adds Tar Mar. To avoid those blemishes and a makeupstained pillowcase, she has some time-saving tips for removing your makeup: "No matter how late it is, I take it off using a cleansing makeup remover, such as Simple Kind To Skin Micellar Cleansing Water and Kind To Skin Cleansing Facial Wipes - it's so quick and you don't

even need water. They also help to rehydrate your skin - vital when you've been drinking alcohol. Keep them by your bed and remove your makeup as part of your usual pre-sleep ritual."

MEET THE EXPERT: LISA VALENCIA

By not removing your makeup before you go to bed, you're literally leaving the day on your skin. Clogged pores are one of the main reasons for skin imperfections; the skin repairs itself at night, so it needs all the oxygen it can get. Makeup absorbs pollution and dirt, contributing towards breakouts. I recommend a thorough cleanse - Simple Kind To Skin Micellar Cleansing Water and Simple Kind To Skin Cleansing Facial Wipes are quick to use, and care for even the most sensitive skin.

Win skin-loving treats!

For simple solutions on how to achieve healthy, instantly hydrated skin, head to Simpleskinadvice.com and take the quiz. In return, you'll receive a personalised skin map and beauty video from Tar Mar. You can also enter online for a chance to win your own Simple hydration pack to instantly hydrate your skin.

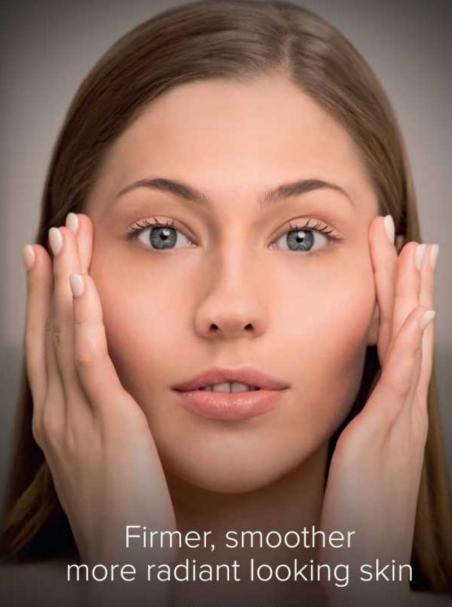


NOW THERE'S NO EXCUSE

With Simple Kind To Skin Micellar Cleansing Water (RRP £3.99), there really is no excuse to sleep in your makeup again. It thoroughly cleanses your skin, provides instant hydration and leaves no residue. To make life even easier, try Simple Limited Edition Kind To Skin Cleansing Facial Wipes (RRP £3.29) for fresh and clean skin. The wipes not only look great in your bathroom, but they'll also remove even waterproof mascara – perfect for long nights and lots of makeup. The Wipes are exclusive to Tesco.



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BEST SEX EVER WAS...

a threesome with my husband

Boy meets girl, boy marries girl, girl plans sexcation to Amsterdam so they can have a no-strings threesome

It's 8pm on a Sunday night and my husband Matt* and I are lying on a hotel bed in Amsterdam. I'm wearing a see-through lace top, schoolgirl miniskirt and knee socks. He's in a shirt and jeans. Both of us are watching the clock, nervous. Any minute now, Dita, the high-end escort we met online, will arrive.

I never ever dreamt I'd be a sexual tourist, let alone the kind who hires prostitutes with her husband. I was a bit of a wild child in my early twenties, but by the time Matt and I got together, I was done sowing my wild oats. With Matt, I haven't missed my bisexual past of threesomes and more-somes; we have great sex, just the two of us.

But one drunken night after a party, we ended up in the champagne room of a strip club and things got very raunchy, very fast. We decided we wanted more.

However, most of the 'women' on adult dating sites are actually couples, and I simply don't want to have sex with another guy. We're committed to a hot, no-strings encounter with a sexy woman... no compromises. But

we quickly learn why single women seeking married couples are known as unicorns: they barely exist.

So, since people outsource everything from pet-sitting to pedicures, we think, 'Why not hire a professional for our sex lives?' We settle on Amsterdam because prostitution is regulated there, and sex workers have more rights than they do in most places.

After browsing dozens of
NSFW websites, we land on
Dita, an independent escort
and porn actress who
claims to enjoy the
'company of charming
gentlemen, Epicurean
couples, and women, to share
moments of complicity'. She
also charges 1,000 euros for
two hours. But hey, we're
only going to do this once, right?

Over email, we set up an appointment and go over the particulars (time, outfit, Dita's outfit: schoolgirl, please). Then before our trip, the impossible happens: we find a unicorn. Ella, an old FWB from my wild-child days, messages me out of

the blue, and I tell her about our quest over a glass of wine. Next thing I know, she's come over for dinner, and let's just say that Matt's famous linguine isn't the only thing that gets eaten that night.

Threesomes with Ella become a regular thing, but we decide to

honour our appointment with Dita anyway. You know... for science.

So, here we are, days later, in our hotel in Amsterdam, with Dita.

"You're gorgeous!" she cries, hurrying past Matt to me (and earning instant brownie points). She's beautiful: tall and slender with sparkling green eyes and cheekbones that could cut ice. She removes her coat to reveal a skirt like

mine and a skimpy shirt hugging fake breasts as gravity-defying as ripe coconuts clinging to a palm tree. After discreetly pocketing the pile of notes on the table, she sends Matt to undress. Then she turns to me.

"What are your boundaries for tonight?" she asks in a Slavic >





accent. "Is there anything that will make you uncomfortable?"

Of course, Matt and I have talked about this. I've told him about times I got jealous during past threesomes

and he's reassured me, saying, "We don't have to do this. It's just a fantasy. Your feelings are more important." Knowing Matt will always put my heart before his cock makes me bold enough to tell Dita anything goes.

When Matt returns, naked and a little bashful, she empties her backpack onto the bed. It looks like the entire inventory of Ann Summers: a dozen

vibrators, butt plugs and anal beads, a syringe(!) of lube, a leather harness with two sizes of strap-on, and even a fluffy foxtail. The foxtail, it turns out, attaches to a butt plug. She lubes it up and works it in, then prances

around in six-inch stilettos, purring and preening. We're impressed.

The next two hours are like being in a porn movie where Dita's the director and star. She manoeuvres us

'She lubes up,

then prances

works it in,

around in

six-inch

stilettos'

into impossible-seeming positions and rolls out toy after toy, never breaking her naughty-schoolgirl character. Matt and I high-five like freshers as she takes both of us at the same time (me with her strap-on, he with his cock - condom-clad, of course). Then *I'm* the one getting double-teamed. As I'm riding her, she nestles a vibe against my clit. We've been at it for more than an

hour and I realise I should probably come, but I'm overstimulated. It's as if I'm experiencing the whole thing as performance rather than pleasure.

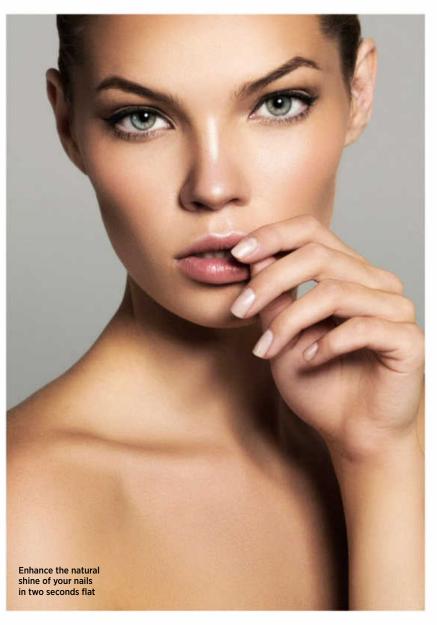
This, I start to realise, is the difference between commercial and

non-commercial sex. When we're with Ella, it's all about what feels good for all three of us. Turning Ella on turns me on. It's not cinematic, but the way she smells and feels and sounds is really what sends me over the edge. Dita moans and writhes too, but she's not here with us for me to make her come (trust me, I try). She's here because it's her job. Her pleasure - like her enthusiasm and her creative scenarios - is fake. Being with her is campy and a lot of fun, but it lacks the kind of personal connection that makes sex feel really erotic. I do eventually climax, using one of Dita's vibrators on myself while Matt fucks her. Afterwards, we collapse on the bed and talk for a while before she packs up her bag of tricks and leaves.

Later, Matt and I venture out as well. Even on a quiet winter night, there's always something going on in Amsterdam, and I want to find a souvenir for Ella before we leave.

Shine bright like A DIAMOND

Want your Christmas nail game to be on point all the time with a minimum of effort on your part? Here's what you need to do...



NAIL IT

Christmas is the busiest time of year, so wouldn't it be great if you had one less thing to think about? Well, that's what you'll get with Revlon Shine Addict Nail Buffer.

HOW DOES IT WORK?

Revlon Shine Addict Nail Buffer means you can enhance the natural shine of your nails in two seconds flat - yep, really! The unique micro-grain roller surface buffs each individual nail in next to no time, perfectly prepping them for a polish. No time for polish? Don't worry - simply switch the rollers around (there are two included in each set - green for buffing; white for shine) to give an impressive finish with no drying time required. Sounds good, right? Just don't blame us if people mistake your talons for shiny baubles. Available at Superdrug and Amazon, RRP £29.99

WHAT IS INCLUDED?

Revlon Shine Addict Nail Buffer comes in a handy – and seriously chic – compact design, and each pack comes with four rollers: two green buffers and two white polishers. To use, simply buff each

nail for two seconds using the green roller, then polish using the white roller to enhance your nails' natural shine. You won't believe what can be achieved with next to no effort...





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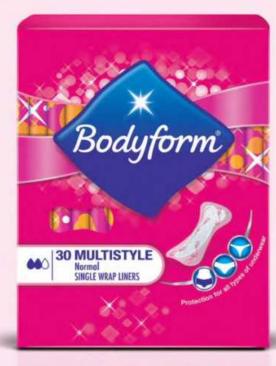
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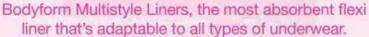












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SEXUAL HEALING



l aist

No topic is too taboo for Cosmopolitan's sex psychotherapist RACHEL MORRIS

The sex is amazing – but is he too young?

I've been having off-the-chart-great sex with a 20-year-old boy. At 37, I'm old enough to be his mother, but I've never wanted anyone more – sexually speaking. I'm also hugely embarrassed; I haven't told anyone and he's sworn to secrecy. What am I thinking?

My guess is: you're not thinking. 'Off-the-chartgreat sex' can do that to a person - and I have no intention of bursting your sexy bubble by telling you you should rethink this. What are you worried about? The judgement of others? Then keep it private. Whose business is it anyway? The real danger is the internal judgement you put on yourself. You call him a boy, but the law says he's an adult – and by your own admission, he's man enough to satisfy you. Treat him as an equal and be honest with him, but bear in mind his inexperience and try not to break his heart, Mrs Robinson.



He accused me of faking

At first, my new boyfriend would make me orgasm five or six times a night. The sex was incredible – until he asked if I was faking. I told him I'd never do that, but I don't think he believed me. Now I worry so much about looking and sounding 'real', I hardly come at all.

Most women are happy to have one orgasm, pleasantly surprised to have two and thrilled to have three, so don't be too hard on him for being suspicious of your five or six - he probably hasn't met anyone like you before. But being called a faker is akin to being called a liar, so I'm not surprised you've lost confidence. This isn't going to resolve itself in the bedroom; you need to talk elsewhere. Ask him to go for a walk with you (talking side by side feels less challenging than face to face). This is a trust issue; starting an honest and daring dialogue will go a long way towards restoring his faith - and, crucially, your orgasms.

HE WANTS TO KNOW

I do all the work in bed

My girlfriend is a total pillow princess. I like being in charge in bed, but it'd be nice if she took the reins occasionally. She says she can only get turned on by being submissive – I think it's an excuse and she's just plain lazy.

Labelling her 'lazy' is lazy too. I get it - you're resentful, but sulking won't change things. Her reluctance may have more to do with low confidence than idleness; is she too shy to initiate? Or maybe it really does leave her cold, as she says. Talk to her to get to the root of it. If you really think she's just selfish, command her, as her master, to dominate you.

He's not playing ball

My boyfriend used to want long sex sessions every time we met. It's been six months since we moved in together and what little sex we have now is over in minutes – he hardly even tries to make me come. Is he taking me for granted or has he just lost interest?

It may be both – or neither. The fact that you're asking me instead of him suggests his bad bedroom behaviour could be a symptom of a larger problem. The quality of a couple's sex life is usually a fair gauge of relationship health. You appear to have made the responsibility all his - why is that? A relationship is like a game of tennis - it requires two players; if one of you isn't batting the balls back, then it's not tennis, it's golf, and you're only playing against yourself. Approach the net and ask him what's going on. It's time for a hard-hitting chat about playing fair.

Have a question for Rachel?

Email rachel@cosmopolitan.co.uk





James and I sat next to each other in science when we were 13. He was a massive flirt, which I liked, and he was funny too. He asked me out after a few months. We were together for three years, on and off, hanging out at break times, and he'd even play love songs he'd written down the phone to me.

It was quite turbulent, though. Once, we broke up after he cheated on me with one of our friends. I went crazy at him, then took him back. But I was less trusting after that.

James and I both lost our virginity to each other, and (as you do at that age) I genuinely thought we'd get married. But it ended after he cheated on me again – with the same girl. I wondered why I'd taken back someone who cheats. I'd never do it again; it's a lesson I learnt early on.

Despite all that, I didn't hold a grudge. In the past nine years, James and I have only seen each other briefly a couple of times, so I was curious to catch up with him.

He hasn't changed a bit – except now he's got tattoos and a beard. Weirdly, it turns out we've both travelled in south-east Asia. He works as a paramedic, whereas I always had him down as a writer or musician. He'd conveniently forgotten about the second time he cheated on me! I'm pleased we're able to laugh about it now though.

I didn't fancy him, but I had a great evening and, as

expected, it wasn't awkward at all. When you know somebody really well, it's easy to mistake getting on with flirting, but there are no romantic feelings anymore. That's all in the past – for me, anyway.

Would you see him again?

The distance would make that difficult, but if I ever find myself down in his neck of the woods, I'll see if he fancies meeting for a coffee – just as mates.







James Burgess, 26, is a paramedic from Brighton

At school, I'd flirt with all the girls and tease Georgia, saying I was going to marry her. She'd laugh - the reaction I wanted; I loved seeing her smile. We spent hours on the phone after school. I'd sing love songs I'd written for her – I don't remember the lyrics, but just thinking about it makes me cringe!

We kissed four months into the relationship and, although we lost our virginity to each other, we only had sex once. We ate pizza afterwards, then she went home.

We dated for three years, until I two-timed her. The truth is, I fancied them both and didn't understand my feelings. I knew it hurt Georgia, which I felt guilty about.

I was pretty upset after it ended – I remember trying to bump into Georgia at school, just to have contact. We became friends again, but lost touch when I moved away.

I learnt a lot from the relationship – hurting someone by cheating isn't something I want to do again. I decided to be a good person. I'm not there yet, but getting closer...

I was excited to see Georgia again. I didn't expect to fancy her; I just wanted a fun night. I thought she looked great, and the conversation flowed. She also jogged my memory about a couple of things I'd forgotten...

There's nothing between us romantically, but I was glad I could still make her laugh, and that we could joke about what an idiot

I was back then. The night ended how it began, with a hug.

* Would you like to be reunited with your first love? Email us at first.love@ cosmopolitan.co.uk.

Would you see her again?

If I was in London, I'd contact her for a quick catch-up and I hope vice versa. But if we don't see each other for another nine years. I know we'll still get on.



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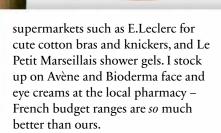
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HOP. Stop.



Shop

Want some insider knowledge on the best places to spend your Christmas pennies that are just a short ride away? Here, three self-confessed shopaholics share their secrets



My top Little Black Book entry is...

La Belle Hortense, a literary café where you can browse beautiful books (mostly French) while drinking great wine.

l'efuel at... There are so many great places to eat and drink in Paris, it's hard to choose. Candelaria is a small taqueria where you push a wall and behind it is a small cocktail bar. The team behind it also owns Le Mary Celeste, a French tapas place that's great for cocktails. For blowing the budget, Septime is impressive – it's run by a young French guy who's very creative. It gets very busy, though (Beyoncé and Jay Z have been), so you need to book.

My insider secret is... the Saint-

Ouen flea market, a group of around 15 markets in north Paris is *the* best for vintage clothes, bric-a-brac and antiques. It's full of locals and not in all the guide books.

The best thing I've ever bought here was... a vintage brown leather and sheepskin aviator jacket from Le Marais district that looked as if it came straight off the Burberry catwalk.

The worst thing I've ever bought here was... a vintage Dior foldover clutch bag for €150 that I've never used because the interior is disintegrating – and it's brown.

If you want to buy something festive to take home... I'm a sucker for a snow globe – there are hundreds to buy on the Rue Rivoli; for me, the tackier, the better!

* Easyjet (Easyjet.com) flies to Paris from around £44.50 return. >











Bargain hunter Alexandra Stedman (The-frugality.com) reveals her best buys in



Stay at... the Heart of Gold Hostel (Heartofgold-hostel.de). Private rooms are available, or if there's a whole group of you the dorms can be a lot of fun. It's in a really good location right in the centre of town, there's a reception with a lounge and pool table, the design is inspired by The Hitchhiker's Guide To The Galaxy (order a Pan-Galactic Gargle Blaster during happy hour at the bar) and it has a biergarten. Dorm beds start from as little as £7.50.

always buy... trinkets and jewellery from the markets at Mauerpark and Boxhagener. I also have to rummage through the stalls selling everything from old vinyl records and luggage to bikes and art for hidden treasures.

My top Little Black Book entry is...

a vintage store called Garments, which is definitely the most chic shop of its type in town. Owners Astrid Lafos and Sandra Keil sell scarcely worn designer clothing, much of which comes from TV and film productions - both used to work as costume designers so their sources are amazing. Prices range from bargain to bankrupting, so shop carefully. Mauerpark is a lively place to wander around on a Sunday afternoon, with karaoke (yes, really), plenty of street

food stalls and entertainers. Voo Store is really good for browsing streetwear, Berlin designers such as Hien Le, trainers, arty books and quirky stuff like bottles of Our Vodka by Our Berlin. Its cafe, Companion Coffee, is a great place to peoplewatch over a nice cuppa.

refuel at... Dada Falafel, or Weinerei - an amazingly brilliant wine bar where you pay €2 for one glass and then pay what you want for the rest at the end - depending on how you rate your night!

My insider secret is... Tiergarten Quelle, it's a very off-the-beaten-track restaurant that serves German fare, such as a litre of beer and schnitzels in hearty portions for less than €10.

The best thing I've ever bought here Was... an embroidered clutch from the '50s and some vintage sunnies.

The worst thing I've ever bought **here was...** My friends and I once bought matching T-shirts from the souvenir shops. Total tourists.

If you want to buy something festive to take home... head to the Christmas markets for some gluwein (mulled wine) - guaranteed to make you feel seasonal.

* Easyjet flies to Berlin from around £36.50 return.



















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CAVOLO NERO 89P

PEPPERS 95P

COUSCOUS 39P

Michael Wignall's

SMOKED HADDOCK AND ROASTED SQUASH COUSCOUS WITH BUTTERED CAVOLO NERO



Michael Wignall is a man of many talents –

he ditched a promising career as a professional BMX rider to become a chef and, with two Michelin stars under his belt for his Surrey restaurant The Latymer, he obviously chose the right path. He's cooked up this recipe that'll wow your dinner guests but still costs less than a tenner.

SERVES 4 INGREDIENTS

- * 1 butternut squash
- * 250g butter
- * 1 each red, green and yellow peppers
- * 250g couscous
- * 600ml milk
- * 1 smoked haddock fillet
- * 1 packet of cavolo nero
- * salt and freshly ground black pepper

METHOD

1. Preheat the oven to 180°C (350°F, gas 4). Peel the squash, remove the pulp and dice it. Set aside the seeds. Wrap in foil with 50g of the butter and

roast for 30 mins, then mash. Roast the seeds for 5 mins, until golden. Cool, then crush.

- 2. Melt 50g butter over a low heat and pour over the peppers, then roast until soft (about 15 mins). Remove the skin and seeds, and chop into 2cm dice.
- **3.** Place the couscous in a bowl, add 500ml boiling water, cover with clingfilm and cool.
- **4.** Next, in a large pan, bring the milk to a simmer, add the haddock and poach for 5 mins. Remove, but save the milk. Cook the cavolo nero in a pan of boiling, salted water for 3-4 mins, then drain. Add 50g

butter to the pan and stir into the cavolo nero until coated.

TOTAL

£8.98

- **5.** Meanwhile, mix into the couscous the peppers, mashed squash, 50g butter, and salt and pepper (to taste).
- **6.** Place half the reserved milk in a pan on a medium heat with the final 50g of butter and whisk until it thickens and starts to form a foam.
- 7. Remove the skin from the haddock and either flake with a fork and scatter over the couscous or serve on the side. Arrange the buttered cavolo nero around it, and pour the sauce on top. Finish with a sprinkle of the seeds. Delicious!





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Play

)ESIG **DOUBLES** Pack away the tinsel... Christmas decor just got a tasteful update

BLOWOUT



BUDGET Wreath, £14, Ikea Tree, £45, Tesco Direct Bauble, £5, The Contemporary Home Bauble, £4, John Lewis Candle holder, £12, Sainsbury's Lantern, £3.99, Dunelm Stocking, £25, Marks & Spencer Light, Sack, £1, £15, **Poundland** Wilko

This month we'll be..

... embracing autumn with films, friends and flat white martinis. *Cosmopolitan*'s **HARRIET THURLEY** hits the town



Sipping cocktails

Friday night girls' drinks is the best antidote to a busy week. I'll make mine a Baileys, and if we're doing cocktails, flat white martinis are a favourite

> among my friends. Not only delicious, that coffee kick is the ideal cure for end-of-the-week fatigue. Hi, weekend. Make your own flat white martini! Find the recipe at Cosmopolitan.co.uk/baileys.

Wrapping up

It's that time of year when my trusty leather jacket gets relegated to the back of the wardrobe to make way for a new contender, namely The Heavy-Duty Winter Coat. I love choosing a new one - as far as I'm concerned, the bigger, longer and thicker, the better. I've got my eye on this beauty from Karen Millen, £299. The downside? Lugging it around on my sweaty commute. But on nights out, it's so worth it when you step outside (even if those flat white martinis are keeping you warm).

Hitting the ice

When it comes to gliding (read: stumbling) around on two slivers of steel, I'm more Bambi than Torvill and Dean. But the run-up to Christmas wouldn't be complete without a few late-night laps of the rink at Somerset House in London, from 18 November to 10 January. My bum will hate me afterwards, but it'll have forgotten by next year. Tickets start at £7.50. For more information.

visit Somersethouse. org.uk/ice-rink.



My friend Amy got married in Las Vegas in October, but she's having the reception in London this month. She's hired a bar in Canary Wharf and the funky, seven-piece New York Brass Band. I can't wait to dress up and dance the night away with her. She's one of the absolute best!

Watching films al fresco

Another silver lining of the chilly weather is snuggling up in chunky knits and soft blankets. I'll be doing just that while watching festive favourite *Elf* in the courtyard of west-London restaurant Hush. *Browses its cocktail menu*. Classics in the Courtyard runs from November until the end of February. Tickets start at £10 per table. For more information, visit Hush.co.uk.



STARS

Play

Find out what the month has in store with Cosmopolitan's astrologer JESSICA ADAMS

Sagittarius 22 NOV-21 DEC

Your only hope is to own up and clear some karma. Introductions help you with unpaid efforts and you will be offered a big advantage with a house or flat. Sneaky people who misuse the system need handling with care.

Capricorn 22 DEC-19 JAN

Gossip about a man you like is third-hand, so check the facts. Finding the right object at the right price makes you ecstatic. You'll gain with a person who finds English difficult. Clearing confusion with a tricky woman will pay off.

Aquarius 20 JAN-18 FEB

Putting trust in the process at work wastes your time, so ask a friend who left. If you have a partnership, it now requires more work. Men who are great on the internet must match up in real life. Fantastic favours save you a small fortune.

PISCES 19 FEB-19 MAR

Drop a health, body or fitness option if it's costing too much – your alternative may be cheap, or free.

Recommendations are vital for that trip away. Counting your assets helps with an application. Bypass that deliberately vague male.



Aries 20 MAR-19 APR

The turning point at home comes when someone admits their mistake. You'll gain from a delegated role at work. Find out why a male relative is set to do you a huge favour. Support with fitness comes from an older person.

Taurus 20 APR-20 MAY

Your best bet with a difficult man is to forget the past. Amazing used or second-hand bargains come from the web. Your realistic solution to an unrealistic person at work pays off.

But ignore a woman with mother problems.

Gemini 21 MAY-20 JUN

Scoring points with an ex is easy, but what will you gain? Achievements are in store for a friend you're happy to congratulate. A big financial gain is made by saving. Reason with an older male who is climbing up the ladder.

Cancer 21 JUN-22 JUL

You'll get credit for what you did behind the scenes. The time is right to show a potential date who you really are. Women in a group turn someone off, so go it alone. Make more of an abandoned project – it could come good.

Leo 23 JUL-22 AUG

The finishing touch to a photo or video makes you look good for years to come. Welcome changes to an old work problem put you in a new position. Let a friend find their way – being tolerant when no one else is helps so much.

Virgo 23 AUG-22 SEP

Point an on-the-edge person to the gym or a yoga class. You gain hugely by introducing two strangers. Overdue changes to your daily travel will improve a work situation, and you're also helped by a male's personality change.

Libra 23 SEP-22 OCT

Leave to one side anyone who's too busy to get back to you. Bypassing one or more competitors at work will benefit you. A warm welcome from your friends or family give you a boost. Glamorous events should be snapped up early.

Scorpio 23 OCT-21 NOV

Faith in a complicated male will be rewarded. Find out why you're not getting the whole story about a trip or new acquaintance. Progress towards a long-term goal convinces you to keep going. A charming but false male is bad news.



Summer is a distant memory, but it's time to take your feet out of hiding and slip on your heels...

We're all guilty of neglecting our feet once summer is over, but the party season is here and socks with sandals is *not* a good look. Hard skin can quickly build up on the heels, but with Scholl's new Velvet Smooth Diamond Express Pedi you can remove these rough patches quickly and effortlessly.

1. CHOSE YOUR STYLE

The Velvet Smooth Express Pedi has three replacement roller heads, so you can choose the perfect one to suit your needs. The Regular setting removes light-normal hard skin; Extra Coarse removes stubborn hard skin, while Soft Touch buffs to a smooth finish.

2. PREP YOUR FEET

Ensure your feet are clean and dry, and turn on the Pedi. Gently glide the roller head over your feet, focusing on the dry areas. Its ergonomically shaped handle helps get to all those hard-to-reach areas, and finely ground diamond crystals in the roller remove dead skin in minutes.

3. SOFT AND SMOOTH

After buffing, wipe or rinse your feet to remove excess dead-skin particles. Follow with Scholl Velvet Smooth Essential Moisture Cream for the silkiest, softest feet, all year round. What are you waiting for? Get out of your slippers and into your best heels!

Fancy the gift of beautiful feet this Christmas? Treat yourself to a luxury experience with Scholl Velvet Smooth gift pack to achieve a salonquality pedicure at home.

Scholl Velvet Smooth Diamond Collection

This Christmas, treat your feet to diamonds with the ultimate in pedicure indulgence – a box packed with Scholl Velvet Smooth Express Pedi, plus all the essentials to get beautifully smooth feet and healthy, groomed nails. Available at Boots, RRP £80.



hat to ear now

Cosmopolitan's five-day fashion spectacular can tell you...



The Linge

An evening of silk, lace and unadulterated seduction on the *Cosmopolitan* catwalk...

t's not every week that Monday turns out to be a show-stopper, but Day 1 of #fashfest – our festival dedicated to all things fashion, in partnership with Visa – was exactly that. At the fabulous Lingerie Show in London's exclusive One Marylebone, guests were treated to a runway display of more covetable underwear than you'd find in Kate Upton's closet. There was also a hauntingly beautiful performance from Rae Morris in honour of breast-cancer charity





Top: Cosmopolitan readers getting the message about breast checks. Above: singer Rae Morris played a stunning set

CoppaFeel!, reminding everyone how vital it is to check your breasts regularly. That's fashionable and potentially life-saving.

The show centred on key A/W15 trends for lingerie, from deep pinks and reds, through to floral prints and the eternal classic, black lace – with a chic bridal section too.

Our evening's appreciation of all things silk and lace was fuelled by Gancia prosecco, Zubrówka Vodka cocktails, delicious canapés and beauty treatments. And let's not forget the pop-up shops: Very.co.uk, Freya, Evans, Tutti Rouge, Ultimo, Figleaves, Next, Ted Baker, George and H&M gave the buzzing crowd a sneak peek at their latest collections, plus the chance to shop the hottest new pieces.

After a night being tempted to spend *all* our money on luxe lingerie, we floated home with a fierce goody bag worth £35. Not bad for a Monday, eh? >





Meet our five style insiders

Want to know how to make it in the worlds of fashion and beauty? Farrah Storr quizzed the industries' biggest names





How did you get your job? Justine: I'd wanted to be a makeup artist since I was 16, but I worked in the City for years - and I was miserable. The turning point came when I woke up one day in my late twenties and the idea of failing didn't scare me anymore. I cold-called the Royal Shakespeare Company and said, "I'm really interested in makeup artistry - can I come over in the evening and help?" They agreed, and they taught me everything. After a couple of months, I got the courage to go back to college. It was the best decision I ever made.

Lilah: I was scouted by a modelling agency at a party. When this type of opportunity comes along you need to go for it. I wouldn't say I'm the prettiest or tallest model, but I learnt

to be a *good* model; I learnt how to portray emotions for the camera and what my best angles are.

What role does social media play in success?

Michelle: It really opens up the world. I got booked with Katy Perry through Instagram. Now, whenever she's in

Europe, I work with her. I try to post every day – one post a day is enough, but often I'll sit there for 40 minutes trying to get an

image to look right.

Lilah: It's crucial for getting noticed. Just the other day I spotted someone on Instagram. She was a little redhead from Scotland and I thought, 'Damn, that girl is beautiful!' I sent her details to my agent and they got her in.

What's your advice for making a business a success?

Gemma: Today, anything's possible with Instagram, Facebook and Twitter. But it's about knowing what you want to get out of it. Who do you want to reach? What are your short, medium and long-term goals? Justine: You have to be patient. I've worked with clients who are used to doing their own makeup. You can't go steaming in and say, "You look awful. I'll make you look fabulous." You have to respect them, until they say, "Oh, you know that natural look you spoke about (as opposed to



Our top industry pros swap stories and advice at #fashfest

three sets of fake eyelashes), shall we try that today?"

Ever suffered any disasters? Gemma: Before a live *X Factor*show, Tulisa was in this very expensive cream taffeta Bruce Oldfield dress when in came a huge bouquet of lilies. The pollen went straight on the dress. Weirdly, when it's stressful, I'm very calm and quiet. "I need everyone to leave the dressing room," I said. Then I wrapped my hand in Sellotape and dabbed the dress. Amazingly, I got it all off, but it was so close...

• To discover more of Gemma's secrets for success, see p107.

Accessories Showcase

Mad about bags? Obsessed with shoes and jewellery? You're in safe hands...

e spent Day 3 of #fashfest in partnership with Visa salivating over next season's jewellery, shoes and bags – and by the end of the night we wanted... just about everything.

Our Accessories
Showcase – slap-bang
in the middle of our weeklong fashion festival – took over
One Horse Guards in London,
creating a paradise for fashion lovers.

Ted Baker exhibited its new-season buys, including luxurious soft-leather bags, while Fossil, Armani Exchange, Accessorize and Lola And Grace also showcased their hottest picks.

But it wasn't just about stylish lusthaves - guests danced to a set by DJ Krystal Roxx, quenched their thirst with Gancia - the first Italian sparkling wine, Żubrówka Vodka cocktails and Zeo soft drinks, and nibbled on Eat Chic's peanut butter cups and pick 'n' mix sweets. Make Up London Academy did our hair and makeup, Barry M pimped our nails and Beach So Chic gave us our last foil tattoos of the season. Then we donned floral headbands to strike some silly poses in the photobooth, before taking home an awesome goody bag. Shopping doesn't get better!





Our Catwalk to $\it Cosmopolitan$ fashion show at #fashfest revealed





all the key trends for A/W15. And here they are - so get style-inspired

ay 4 of #fashfest in partnership with Visa featured no fewer than 36 models and 200 dynamic looks in the biggest catwalk event we've ever put on. Hosted by Laura Whitmore, the show was well-attended by stars such as Abbey Clancy and Jameela Jamil, plus hundreds of fashion-savvy readers who sat front row on the custom-built catwalk at Battersea Evolution.

The show was a celebration of the autumn/winter 2015 trends, from '60s- and '70s-inspired styles, to luxe modern tailoring, through to flamboyant evening wear – including a finale of stunning red-carpet dresses. Now choose *your* look and go for it! >



















In partnership with **VISA**

The lace

As seen at #fashfest, on the A/W₁₅ catwalk and on our favourite streetstyle stars, the new lace look is the freshest way to get feminine this season

ashion has fallen hard for this romantic texture once again this season, in rich autumnal jewel tones from sapphire to emerald. Lace is the perfect fabric for dressing up during the party season or even just updating your workwear wardrobe. Delicate lacy touches or fullon fancy frocks will see you from the boardroom to the bar.

At #fashfest in partnership with Visa, our five-day fashion extravaganza, we showcased some of A/W15's biggest and hottest trends. And thanks to Very.co.uk, you can get your pretty paws on some of the sweetest lace ensembles to see you through to spring.





bras sauntered down the catwalk to whet our appetite for some serious lingerie shopping. Very.co.uk is the ultimate one-stop lingerie shop, with dozens of brands to choose from and a range of sizes. Here are four of our favourite sets...





is key - highlight at the top of your cheekbones for the ultimate sculpted look.

or the #fashfest
catwalk show, Very.
co.uk showcased a
stunning collection
of lace dresses – one
of the key fabrics to fall
in love with this season.

If you've shied away from lace in the past, it's time to reacquaint yourself with this beautiful texture. The #fashfest catwalk show featured a range of chic dresses in eyecatching shades of citrus orange, watermelon, raspberry, crimson and black. We found ourselves celebrating the beauty of the one-piece lace dress – the ideal throw-on

party dress, and versatile enough for you to wear all day in the office with a smart blazer, and then party all night with a pair of metallic heels.

We also stole a look at the shoes from the runway show. The elegant rosegold ankle-strap heels are a snip at £24. We think they are perfect slip-it-on party shoes and a great accompaniment to those rich, jewel-coloured lace dresses. It's your party look sorted in two easy steps. Here are three lustworthy lace dresses from Very. co.uk at the top of our wish list for A/W15...



PARTY LOOK: BACKSTAGE BEAUTY WITH VERY.CO.UK



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THE LIP Finish off with a Barry M nude lipstick or pink gloss.



THE HAIR Keep it slick and simple to create the ultimate cool-girl look, and finish with Lee Stafford Firm Hold hairspray. >





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And on Day 5 of #fashfest

... Cosmopolitan partied!

t the end of an incredible week of #fashfest in partnership with Visa, we rounded off with a huge wrap party and massive discounts on all our favourite labels.

We danced the night away in London's most decadent venue, One Embankment, to the freshest sounds by Superfoxx and former Radio 1 Xtra DJ Sarah-Jane Crawford (if you haven't partied with a saxophonist and dancers wearing mirrored fox masks, you haven't lived...). Delicious food, including #fashfest's legendary mac 'n' cheese, was never more than a hop, skip and jump across the dance floor.

No good party would be complete without a glass of fizz, and our prosecco was provided by the sublime Gancia. We also sipped a cocktail or two – luckily, Żubrówka Vodka, who supported #fashfest all week, had us well covered on that front. It even provided a photobooth so we could take fierce snaps, plus its own forest (yes, forest) area, to add a touch of fairy-tale mystique to the evening.

There were awesome goody bags, and even those who couldn't make the party were spoilt by the #fashfest online discounts from amazing brands such as our Best for Hot Heels award winner New Look, and our Ultimate Retailer of the Year H&M. We can't wait for next year. See you there?



Żubrówka Vodka helped make the five days of #fashfest sparkle...

e're all for tickling our taste buds with zeitgeisty tipples - and thanks to Żubrówka authentic Polish vodka, we had more than enough opportunities to do exactly that across #fashfest.

The original bison-grass vodka, Żubrówka is perfect for sipping on a night out or at home – which made it the ideal accompaniment to all our stylish events, including the onlineshopping night our readers enjoyed from the comfort of their own homes.

If you fancy trying out one of Żubrówka's Vodka's delicious cocktail creations for yourself, we've got just the thing - the legendary Apple Żu, which went down a treat... >



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measure **25ml** Żubrówka Vodka. pour in **75ml Cawston Press Sparkling Cloudy Apple** and serve over crushed ice, topped with a **fresh** lime wedge. Swirly straw, optional!

Left: Our Żubrówka Vodka bartenders were pretty popular on the night, serving up out-of-thisworld cocktails. Below: quests hitting the photobooth

237



Left: models backstage showcase the '70s bohemian hippie-girl look. Right: Michelle Keegan on

#fashfest

VISA

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VISI

COSMOPO

Made In Chelsea's Binky joined

the party Behind













You've seen the outfits, but what about the celebrity-filled after-party? Here's what happened when hundreds of *Cosmopolitan* readers rubbed shoulders with the hottest stars—and brands—in fashion and beauty



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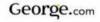
































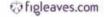
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CHRISTMAS GIFTS

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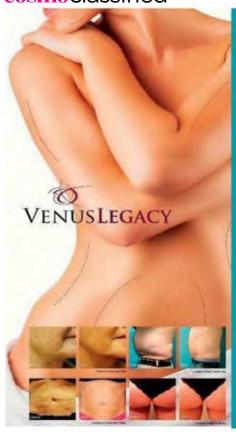




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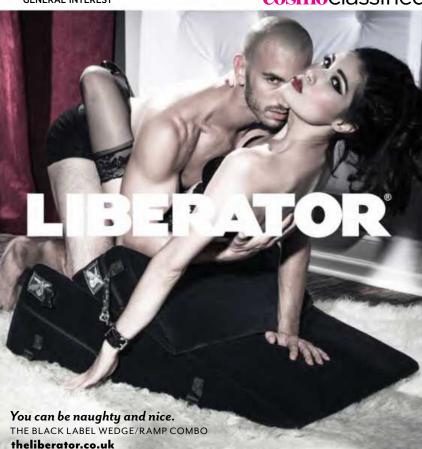
















Q SHOULD THIS PARTY INCLUDE A CHRISTMAS DINNER, I realise I am committed to having a stilted conversation over my meal with a middle-aged man from a department I've never heard of, and to whom I have never spoken before. I also accept that henceforth every time I encounter this man in the lift, I will studiously avoid eye contact and stare at my phone.

SHOULD I FEEL THE URGE TO CRY, I agree to do so in the toilets between the hours of 11pm and 1am. During this time I can legitimately expect several friends to

will *not* ask the cab driver to pretend to be my new boyfriend on his voicemail.

IF I CHOOSE TO PURCHASE A KEBAB AT 3AM, I agree that any friends made in the kebab shop will stay in the kebab shop, and that I will not try to befriend Kebab Shop Steve on Facebook when I get in.

Additional social-media disclaimer: I promise to post a selfie as I squinch under some mistletoe, hashtagged #Christmascountdown. I acknowledge that the next day I will wonder A) where I was and B) what was I thinking?

Signed:		(prospective Christmas partygoer)
	14	





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